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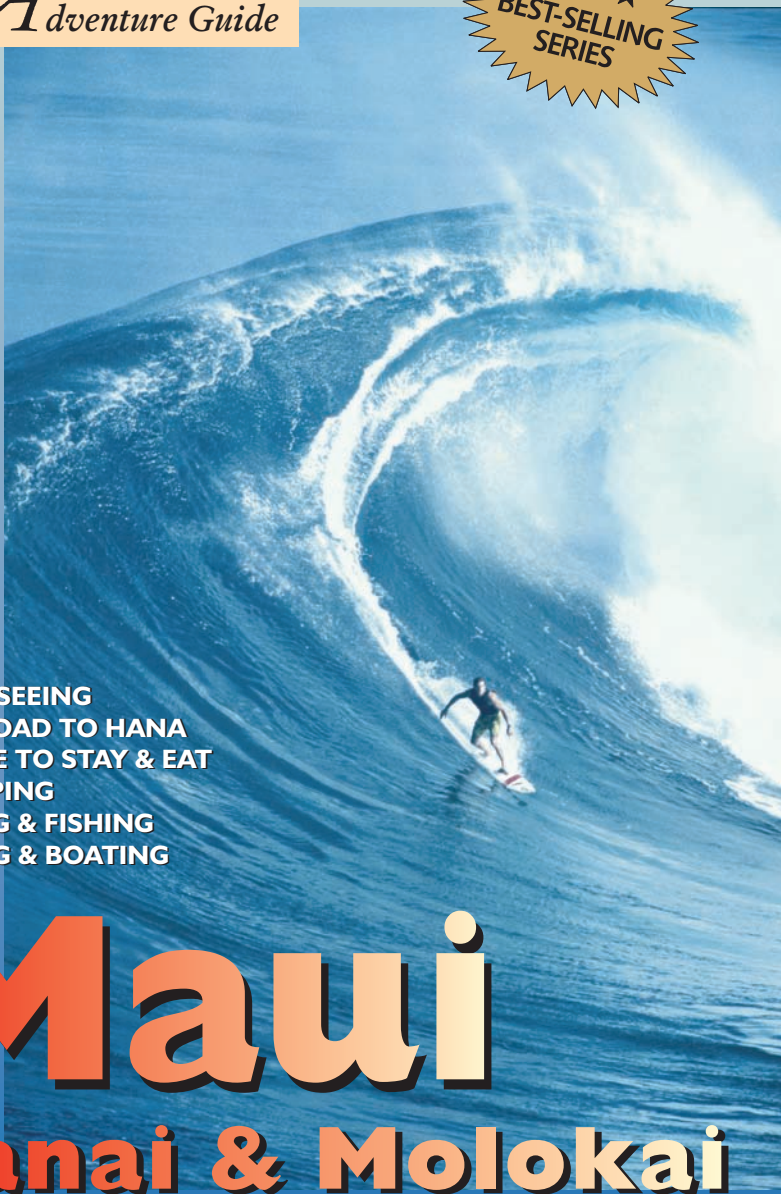

SIGHTSEEING
THE ROAD TO HANA
WHERE TO STAY & EAT
SHOPPING
DIVING & FISHING
HIKING & BOATING

Maui

Lanai & Molokai

Sharon Hamblin

VISIT…

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Central Maui

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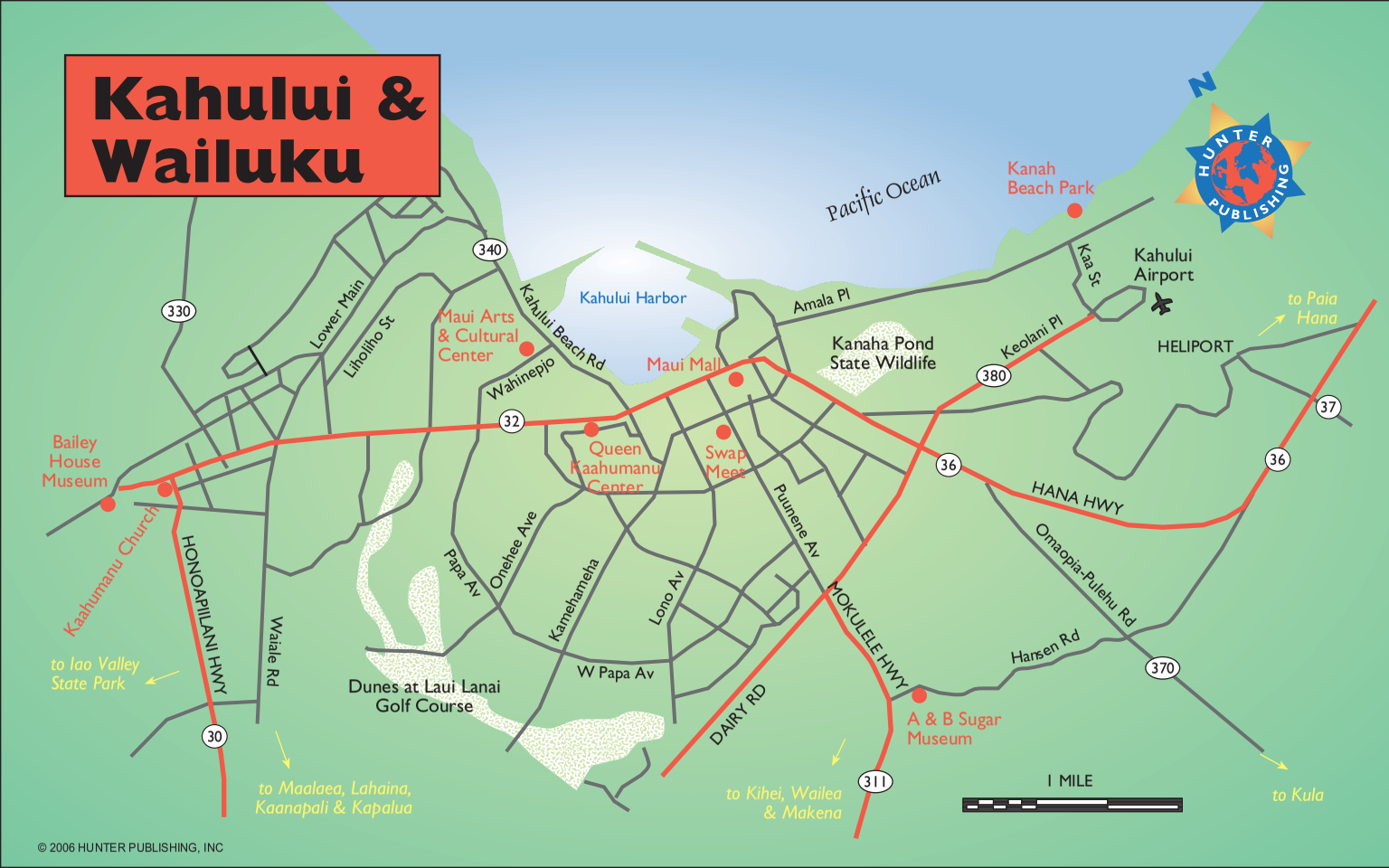

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West Maui

1. DT Fleming Beach Park
2. Honokowai Beach Park
3. Hanakao' o Beach Park
4. Wahikuli Wayside Park
5. Puamana Beach Park
6. Launiupoko State Wayside
7. Ukemehame Beach Park

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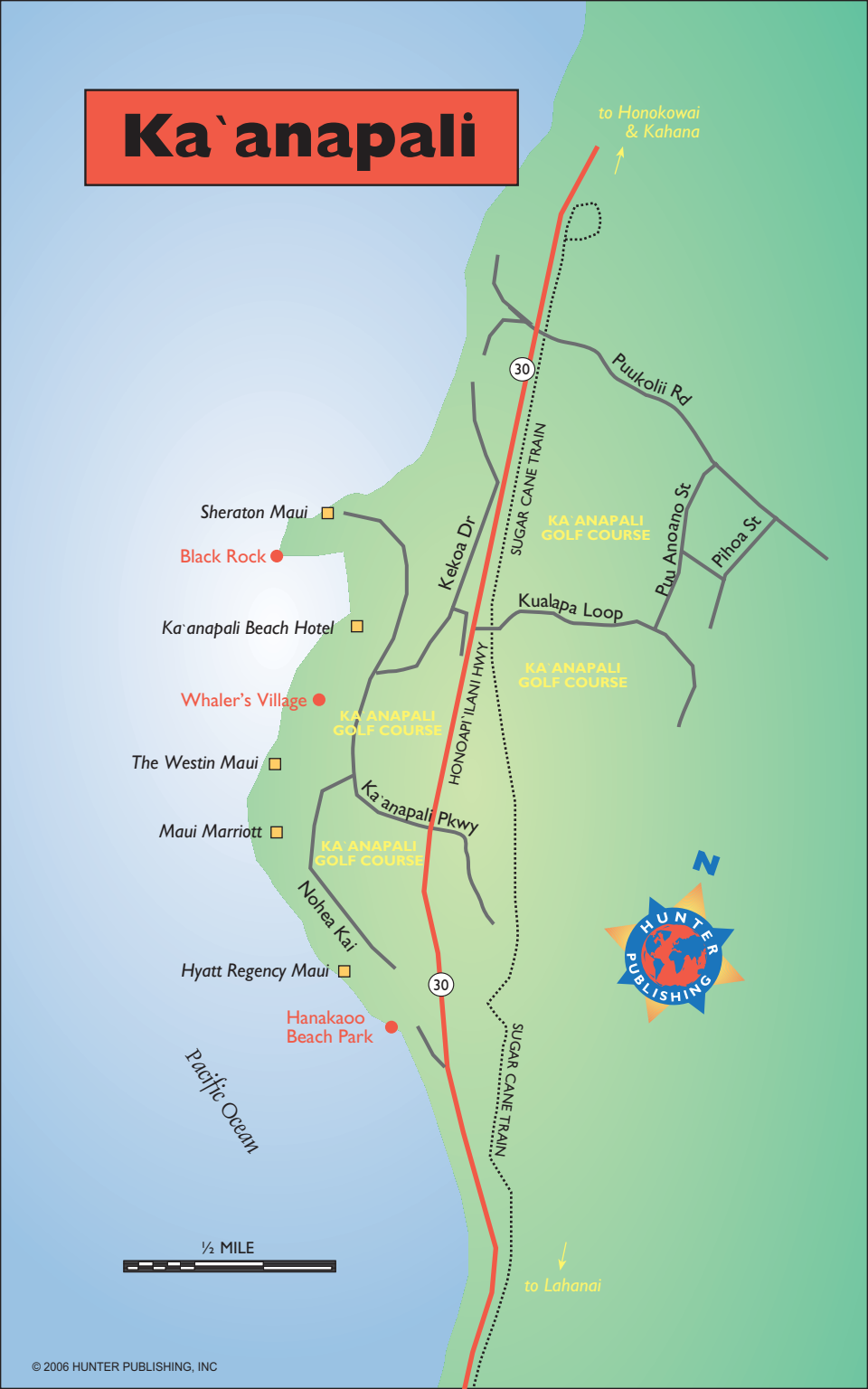

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Kapalua, Napili & Kahana
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Slaughterhouse Beach
PLANTATION GOLF COURSE
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DT Fleming Beach Park
Ritz-Carlton
Honolua Store
Office Rd
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KAPALUA
Kapalua Dr
Simpson
HONOAPI'ILANI HWY
Kapalua Bay Hotel
NAPILI
BAY GOLF COURSE
Kapalua Bay
Hui F Rd
Napilihau
Napali Plaza Shopping Center
Pacific Ocean
30
Lower Honoapi'ilani Rd
1 MILE
KAHANA
Kahana Gateway Shopping Center
to Honokowai, Ka'anapali
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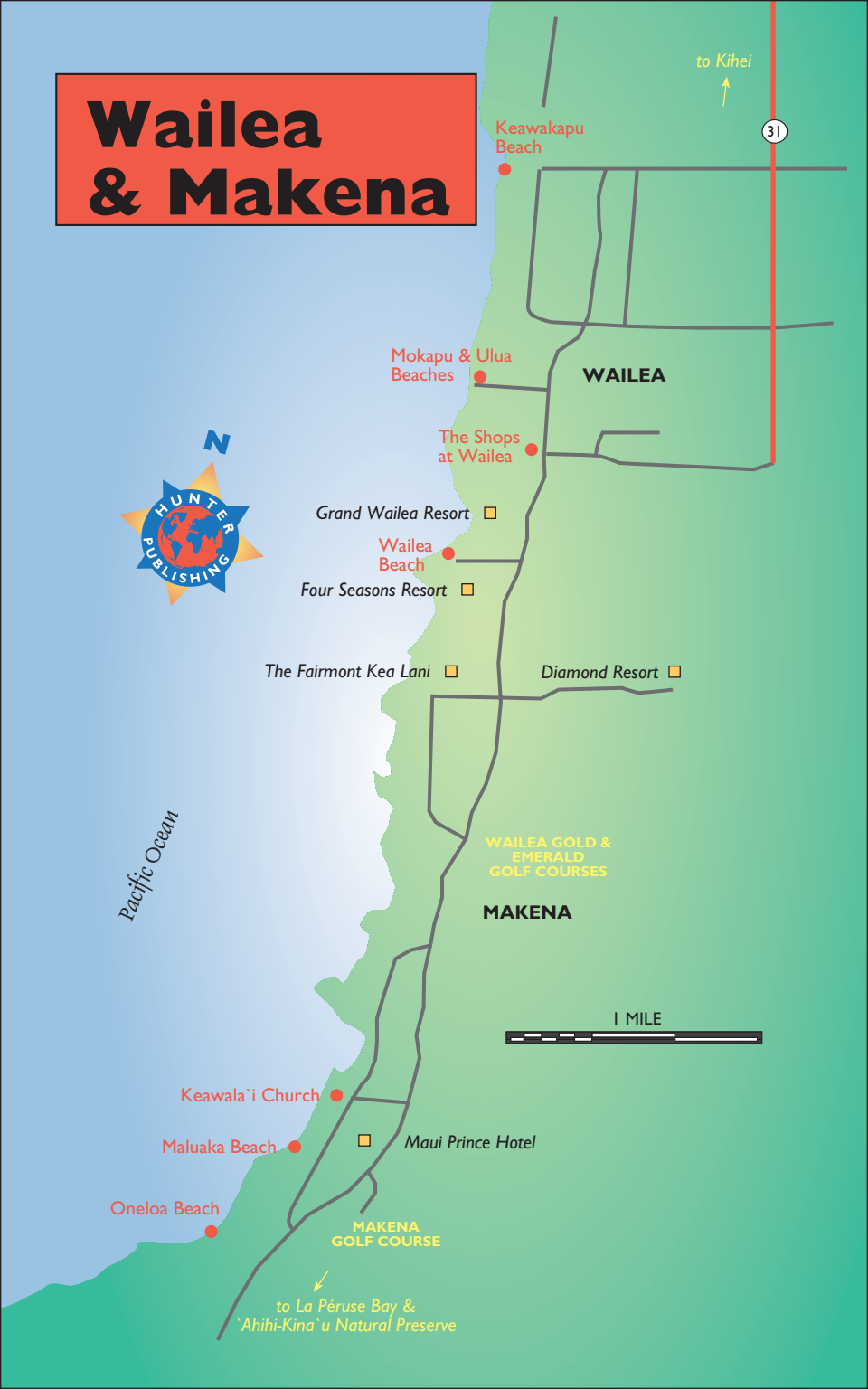
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The Shops at Wailea
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Four Seasons Resort
The Fairmont Kea Lani
Diamond Resort
N
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Pacific Ocean
WAILEA GOLD & EMERALD GOLF COURSES
MAKENA
1 MILE
Keawala`i Church
Maluaka Beach
Maui Prince Hotel
Oneloa Beach
MAKENA GOLF COURSE
to La Péruse Bay & `Ahihi-Kina`u Natural Preserve

Haleakala & Upcountry

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NOT TO SCALE

Road to Hana

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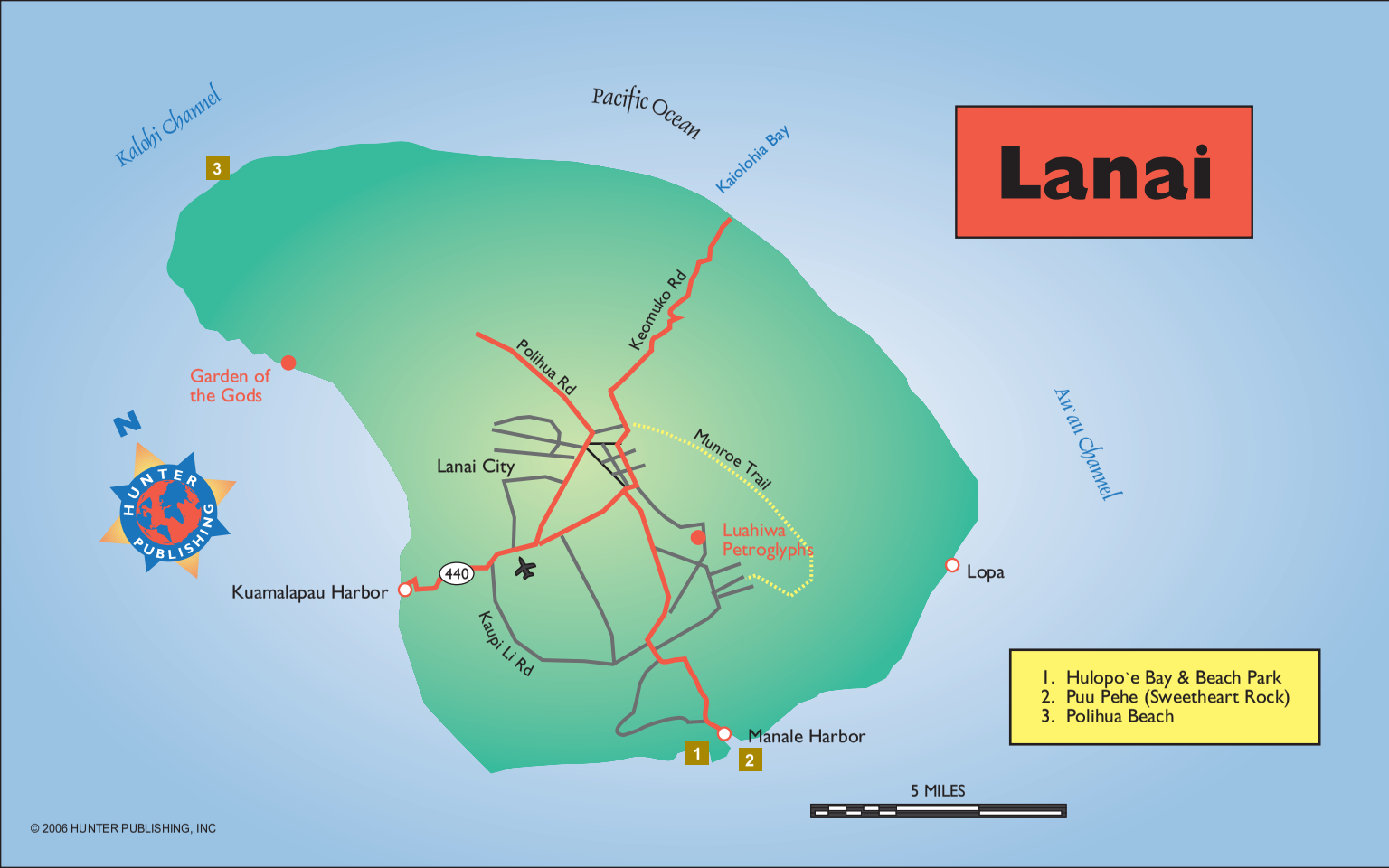

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Adventure Guide

Maui

Sharon Hamblin

HUNTER

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Sharon

Introduction

■ Aloha!

Maui is the second-largest island in the Hawaiian Island chain, but number one in the hearts and souls of the people who travel there. Frequently named the best island in the world, it's a little piece of paradise full of adventure, excitement, history and natural beauty. In fact, it was recently named the "Best Island in the World" for an unprecedented 11th consecutive year in the *Conde Nast Traveler* readers poll, beating out Bali, Bermuda, Vancouver Island and Mykonos in Greece.

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In Hawaiian legend, Maui was the hero of all Pacific islands visited by Polynesians. He was so clever and helpful that people called him "Maui-of-a-thousand-tricks."

Today the island is a reflection of the spirit of Maui – with thousands of magical things to do and see. You will find yourself literally chasing rainbows and showering under waterfalls. Watch amazing sunsets from mile-long beaches or listen to local bands playing ukuleles while a hula dancer with a plumeria behind her ear dances to the rhythm. Visit ancient Hawaiian *heiaus* (temples) or explore Maui's whaling history in Lahaina. Taste macadamia nut-crusted opakapaka, a delicately flavored pink snapper, while sipping on a lilikoi (yellow passion fruit) margarita.

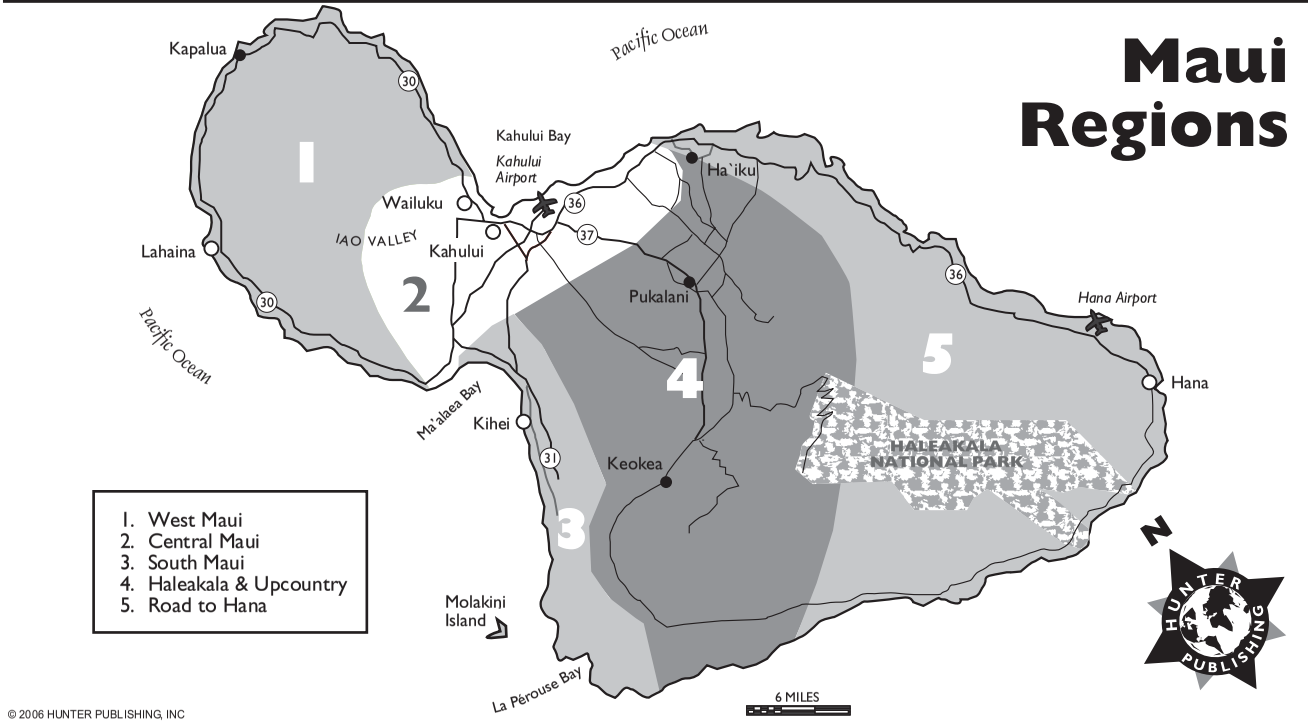
Maui welcomes 2½ million visitors annually, making it the second-most visited Hawaiian Island, behind Oahu. This

book separates Maui into seven sections: Central Maui, West Maui, South Maui, Haleakala & Upcountry, The Road to Hana, Lana`i and Moloka`i. **Central Maui** is home to the main airport, as well as the local government. **West Maui** has some of the island's best beaches and is where you will find the lovely town of Lahaina and the glamorous resort area of Ka`anapali. The sunny **South Maui** area is also known for its spectacular beaches, surrounded by the resort areas of Kihei, Wailea and Makena. **Haleakala National Park** is Maui's top natural attraction with its 10,000-foot volcano summit. The surrounding **Upcountry** communities are full of grassy ranchlands and flower farms. The **Road to Hana** is a 50-mile drive full of can't-miss waterfalls, nature trails, one-lane bridges and approximately 600 turns.

Maui is an adventure-lover's paradise, whether you are a hard-core daredevil or more of a spectator. Learn to surf in the smaller waves off West Maui or watch the professionals at the world-famous surf spot called "Jaws." See the sun rise over Haleakala or coast down 37 miles from the summit to sea level on a bike. Explore million-year-old underground lava tube caves or go parasailing and soar 400 feet above water to get a bird's-eye view of the beautiful island. Spread your beach towel down on one of Maui's many golden-sand beaches, or try sunbathing on a beach with red or black sand.

> **Tip:** Don't forget your slippers (as flip-flops are called). The black sand combined with the intense sun can burn your feet.

Whether you prefer to sip a mai tai while lounging on a hammock or try your hand at an exciting new sport like kiteboarding, this book will help you navigate your way across and up and down the beautiful Valley Isle. It will point you toward the best deals, share insider tips and show you how to have the best time during your visit. You will meet the wonderful people of Hawaii and learn about their *mana* (spirit), their history and their customs. You will even pick up a few words of the Hawaiian language. And here's a popular phrase that you'll encounter often during your trip – *Maui no ka `oi* (Maui is the best!).



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MAUI AT A GLANCE	
Nickname	The Valley Isle
Area	727 square miles
Population	135,000
Highest Point	Haleakala (10,023 feet)
Language	English, but it helps to know some Hawaiian words, like aloha (hello) and mahalo (thank you)
Biggest City	Kuhului is the main commercial center; Wailea and Lahaina/Kaanapali are the major resort areas
Distance from Los Angeles	2,485 miles
Coastline	120 miles

Some say the island of Maui resembles a woman's body; others say the island's shape represents the demi-god Maui's head, neck, shoulders and body. However you look at it, you'll see two volcanoes with a small isthmus in the middle created by erosion which now joins the two land masses. The larger volcano is 10,023-foot Haleakala on the eastern side of the island with 5,788-foot Pu`u Kukui on the western side.

Maui County includes Maui, Lana`i and Moloka`i, with the county seat being the town of Wailuku in Central Maui. The county population including all three islands is about 135,000.

10 Things Not to Miss on Maui

- Spend a day shopping, browsing and dining along **Lahaina's Front Street**. Check out all the funky shops and then treat yourself to a mai tai at Cheeseburger in Paradise and watch the strange cast of characters that hang out on this busy thoroughfare. See page 115.
- Stroll down the **Ka`anapali beach path** and see all the fancy hotels and resorts on one side of the path and beautiful golden Ka`anapali Beach on the other (page 154). Watch or jump in and join the snorkelers, surfers and parasailers who take advantage of the calm, clear and warm waters of Maui's west side. Then enjoy a *pupu* or din-

ner at one of the beachside restaurants like **tropica** at the Westin or Hula Grill.

- See **Haleakala Crater** on a Pony Express tour (page 301). This is a once-in-a-lifetime opportunity to take a horseback ride down to the floor of this enormous crater.
- Jump on a boat for a snorkel excursion to **Molokini**. Although some say the crescent-shaped cinder cone off the south shore of Maui is overrun with visitors, it still offers some of the clearest waters you'll find in Hawaii. Plus, the boat ride is tons of fun. See pages 123,126, 201-203 and 255.
- Take an afternoon or overnight trip to **Upcountry Maui** and explore the small towns of **Kula** (page 263) and **Makawao** (page 274) and the **Haleakala Ranch** (page 300). For an adventurous alternative to another day at the beach, visit **Tedeschi Winery** (page 292), the **Surfing Goat Dairy** (page 265) or **Ali`i Kula Lavender Farm** (page 267).
- Visit **Moloka`i** and take the mule ride down to **Kalaupapa peninsula**, which is the site of a former leper colony. This experience is a lesson in history, tolerance, hope and fortitude. See page 391.
- Take a ferry ride to **Lana`i** and see the fancy resorts; visit quaint little **Lana`i City** with its whimsical shops and galleries. see page 344.
- Get behind the wheel and drive **The Road to Hana** (page 303). This wild trip will take you through lush rainforests and past gushing waterfalls. Your final destination can be the isolated town of Hana or continue on to **`Ohe`o Gulch** (page 334), where water flows from one pool into another, then another, creating a playground for visitors.
- Visit the **beaches of Makena** on the south shore. Boogie board at beautiful Makena Beach or sunbathe further down the road at **Big Beach**. Or be brave and bare in all at **Little Beach**, Maui's premier nude strand. See page 254.
- If you're going to splurge at one nice dinner on Maui, make a reservation at **David Paul's Lahaina Grill** (page 134). The food, service and ambiance are impeccable and every meal is one to remember.

■ Climate

Maui is made up of several micro-climates and, although it's sunny most of the time, occasional storms bring wind and rain. The windward side, where the tradewinds hit, is more lush and tends to receive more rain. The leeward, or western, side of the island is drier with more sun.

The coastal areas are usually warmer, while Upcountry temperatures are a bit chillier. There are basically two seasons – winter (November through April) and summer. The temperature varies only about 15°F between seasons, with the average being 75° to 85°. Summertime temperatures average 78° in the coastal areas, while in winter they drop a couple of degrees to 72°.

THE MAGIC HOOK

Hawaiian legends states that the demi-god Maui used a magic hook to fish up the islands and then snare the sun with a net atop Haleakala. By slowing the sun, he made the days longer so his mother would have more time to finish her daily tasks.

On massive Haleakala, in just 37 miles the elevation goes from sea level to 10,000 feet; at the top of the crater temperatures can be up to 30° cooler. The temperature drops an average of three degrees for every 1,000 feet of elevation. Make sure to dress appropriately with lots of layers and a heavy jacket. I heard an unfortunate story about a girl who passed out from the cold just minutes before sunrise.

AVERAGE RAINFALL PER YEAR

Kahului	21 inches
Lahaina	43 inches
Pu`u Kukui (West Maui Mountains)	400 inches
Molokini	27 inches

The water temperature averages a pleasant 74°F and can rise to 80° or more in the summer.

■ Culture

The Hawaiian Language

Did You Know? In the Hawaiian language they use an okina "`" or glottal stop. It indicates a break in the breath when pronouncing Hawaiian words. I have indicated these in the text except for cases where a company or business doesn't use it. "Hawaii" without the accent means the state of Hawaii; with an okina, it means the Big Island of Hawai`i.

The Hawaiian alphabet contains only 12 letters – the five vowels (a, e, i, o, u) and seven consonants (h, k, l, m, n, p and w). You'll soon figure this out when every name of every street, beach, park, town and Hawaiian person seem to be all "K"s and "W"s.

Hawaiian Words

`aina (EYE-NA) . . . . . land, earth
aikane (EYE-KAH-NAY) . . . . . friend, companion
akamai (AH-KAH-MY) . . . . . smart or clever
ali`i (AH-LEE-EE). . . . . a chief or member of nobility
aloha (AH-LO-HA) . . . . . hello, goodbye, love
auwe (OW-WAY) . . . . . Oh! or Ouch!
`awa (AH-VAH) . . . . . Kava root, chewed in a social ritual
ea (EH-AH) . . . . . sovereignty, rule, life force
halau (HA-LAOW) . . . . . hula school
hale (HAH-LEY) . . . . . house or home
hana (HAH-NA) . . . . . work
hanai (HA-NAI) . . . . . adopted or foster children
haole (HA-OH-LAY) . . . . . foreigner
Haoli Makahiki Hou (HA-OH-LEE MA-KA-KE-KEY HO) . . . . . Happy New Year
heiau (HAY-EE-OW). . . . . ancient temple, place of worship
holoholo (HO-LO-HO-LO) . . . . . a trip or excursion
hono (HO-NO) . . . . . bay
huhu (HOO-HOO). . . . . angry

hui (HOO-EE) . . . . . club, association
huna (HOO-NA) . . . . . secret
imu (EE-MOO) . . . . . underground oven
kahuna (KA-WHO-NA). . . . . priest or expert
kama`aina (KAH-MAH-EYE-NA) . . . . . a person born in or familiar with a place
kanaka maole (KA-NA-KA MA-OH-LAY). . . . . the true Hawaiian people
kane (KAH-NAY). . . . . man
kapu (KAH-POO) . . . . . taboo or sacred, keep out, forbidden
Kau kau (COW-COW) . . . . . food
keiki (KAY-KEE) . . . . . child
kokua (KOH-KU-AH). . . . . help, assistance
kuleana (KOO-LEE-AH-NA) . . . . . immediate garden or taro patch near a home)
kupuna (KOO-POO-NAH). . . . . elders, grandparents
ku`uipo (KOO-OO-E-I-PO???) . . . . . sweetheart
lani (LAH-NEE) . . . . . heaven
lolo (LOW-LOW) . . . . . crazy
lua (LOO-AH) . . . . . bathroom
luau (LOO-OW) . . . . . Hawaiian feast or celebration
mahalo (MAH-HA-LO) . . . . . thank you
makai (MA-KAI) . . . . . toward the sea
mele (MAY-LAY) . . . . . song or chant
menehune (MEH-NEE-HOO-NEE) . . . . . legendary race of tiny people who worked at night building fish ponds, roads and temples
mauka (MAO-KA) . . . . . inland, toward the mountains
Mele Kalikimaka (MAY-LAY KA-LEE-KEE-MA-KA) . . . . . Merry Christmas
mu`u mu`u (MOO-OO-MOO-OO) . . . . . traditional Hawaiian gown for women
`ohana(O-HAH-NA). . . . . family, relatives
`oi (OY) . . . . . best
`ono (OH-NO) . . . . . delicious
opala (O-PA-LA) . . . . . garbage
pali (PAH-LEE) . . . . . cliff, steep hill
paniolo (PAH-NEE-OH-LO) . . . . . Hawaiian cowboy
pau (POW) . . . . . finished
pilikia (PEE-LEE-KEE-AH). . . . . trouble of any kind
po'okela (PO-OH-KELL-AH) . . . . . regarded as the best
pono (POH-NO). . . . . righteous
pua (POO-UH) . . . . . flower

puka (POO-KAH) . . . . . hole, door or entryway
pupu (POO-POO) . . . . . appetizer or hors d'oeuvres
wahine (WA-HEE-NAY) . . . . . woman
wai wai (WHY-WHY) . . . . . property or assets
wikiwiki (WEE-KEE-WEE-KEE) . . . . . hurry

Phrases You'll Hear During Your Visit

E Komo Mai . . . . . Welcome
Maui Na Ka `Oi . . . . . Maui is the best!

Da Pidgin Guide

Pidgin is slang used on the islands by locals. It is not recommended that you use it casually. Some people might think you're making fun of them. If you want to learn more about pidgin, ask a local to explain some terms.

an' den – and then.

broke da mouth – If you eat something and it was really good then it is "broke da mouth."

brah – a greeting for locals; guys call each other this, as in "whassup brah?"

da – the

da kine – When you can't think of the word you mean to say, you just say "da kine," i.e., "Where did I put the da kine?" You could be looking for any thing – your car, your lunch, your kid.

fo real – This can be a question or a statement. "Fo real?" could be a question meaning "Really?" Or it could mean agreement, as when someone says, "That ahi dinner hit the spot." The reply "Fo real" implies agreement.

garans – Guaranteed. Garans ballbarans also means guaranteed. If you're fortunate enough to have the name "Sharon," you will probably be called Sharon Ballbarans for the rest of your life.

grind – Eat, as in "I'm so hungry, I'm gonna grind so hard."

grinds – Food. "Let's go get some grinds in Pa`ia."

haole – Caucasian.

haole feet – Tenderfoot. What you say when you see a pale tourist running across the beach because the sand is so hot.

hele on – Moving on.

holoholo – To go out, as in "Let's go holoholo tonight."

howzit? – Common greeting meaning "How is everything?"

junk – Lousy, horrible, as in "Last night was so junk."

laydahs – Later, as in "See ya laydahs."

mo bettah – More better. This is a popular catchphrase on Moloka`i where you'll see the "Moloka`i mo bettah" slogan all over the place.

okole – Butt, bottom.

ono – delicious, i.e., "This poke is so ono."

pakalolo – Marijuana.

pau – Finished, done.

pau hana – Finished with work. Also the name for the beer/drink that you have after work, as in "Did you have a pau hana yet?"

puka – Hole, i.e., "My shirt has a tiny puka."

shaka – Hand signal waving thumb and pinky.

shishi – Pee. Used to ask children, i.e. "Do you have to go shishi?"

sistah – Sister.

slippahs – Flip flops.

stink eye – A dirty look. "That girl over there is giving you stink eye."

talk story – Casual talk or gossip. "I'm going to go over to Kimo's and talk story."

tanks – Thanks.

tink – Think. "I tink I saw a shark in the water."

FO MO PIDGIN

If you want a completely different view of the Bible, check out *Da Jesus Book* for a translation like no other. The book is available at Hawaii bookstores or through www.pidginbible.org. For a humorous view of pidgin, check out Peppo's *Pidgin To Da Max*, which is available at most book and novelty stores in Hawaii.

The People

The people of Hawaii practice "Aloha Spirit," which is about living your life unselfishly and treating others the way you would like to be treated. One couple I had met on a hike in Maui experienced Aloha spirit when they first arrived in Maui. It was after dark and they were lost so they stopped in a convenience store to get directions. Another customer overheard them and went out of his way to take them to their hotel in Kihei by having them follow his car there. I experienced Aloha spirit when one night I left my cell phone in the back of a cab in Kihei. The cab driver spent two days calling all my contacts trying to find someone who knew where I was. When he finally found out where I was he drove all the way to Wailea to drop off my phone.

It won't take long for you to realize that the pace here is slower. This pace is frequently called "Hawaiian Style" and it sometimes takes mainlanders awhile to get used to it. Some people love it; some are driven crazy by it. That slowness even affects driving, which is frequently taken leisurely. A popular bumper sticker on the islands reads "Slow Down! This ain't the Mainland."

When **driving** in Hawaii, it is considered rude to honk at another driver – we save our honks for "hellos" to friends. And if someone lets you in while waiting in traffic, give them a friendly wave and smile – Aloha!

Leis are a traditional greeting in the Islands and can represent a welcome gesture or a token of love or friendship. The making, giving and wearing of leis have always been an integral part of the Hawaiian culture and the strands can be made with almost anything, as it's the full circle of the lei which is important. Usually made with beautiful tropical flowers or prized kukui nuts, leis are also made into gimmicky items like candy or small liquor bottles. Remember, it's the circular aspect of the lei that is meaningful, not the content!

You can purchase leis almost everywhere on the island, even at Costco and Wal-mart. Several roadside stands, especially in smaller areas like Kula and Hana, sell flower leis. Several large resorts and shopping centers in Ka`anapali and Wailea

offer lei-making classes for children and adults. See pages 42, 44 and 152 for details.

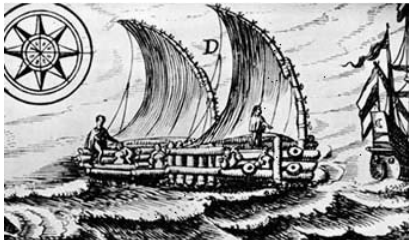
HAWAIIAN CUSTOM

It is customary in Hawaii to leave your shoes at the front door and enter the home barefoot. I assume this tradition stems from a desire to keep the house clean as people tramp in and out with sand.

Canoeing is the official state sport of Hawaii and there are several canoe clubs in Maui. Paddlers take this sport seriously and you can often see them practicing on the beaches between Lahaina and Ka`anapali and in Kihei. As you stroll down beaches, you'll see the long, skinny outrigger vessels parked on the sand waiting for the next race. Races are rigorous, team-oriented events and often entail paddling across the rough oceans between islands. See pages 154 and 216 if you're interested.

Did You Know? Elders in Hawaii are affectionately called "auntie" and "uncle," but don't call someone this without their invitation.

■ History



The Hawaiian Islands were discovered by the **Polynesians** as early as 500 AD and it is believed that the first Hawaiians traveled across the ocean on outrigger canoes from the Marquesas and Society Islands in the central Pacific. They first landed on what is now the Big Island of Hawai`i and brought with them food plants and animals. The population grew over the years and is estimated to have been as high as a million in the late 1700s.

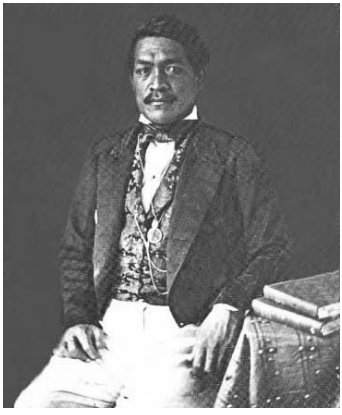
Note: Places of historical interest are marked by a roadside sign featuring a Hawaiian Warrior with the name of the site printed below.

Captain Cook

Things began to change with the arrival of **Captain James Cook** in 1778. He first visited what is now Oahu and Kaua`i and is believed to have arrived at Maui on November 25 or 26 of 1778. He named these the **Sandwich Islands** in honor of his English patron, the Earl of Sandwich. Unfortunately he brought diseases such as smallpox, diphtheria and syphilis with him, which accelerated the decline of the native Hawaiian population.

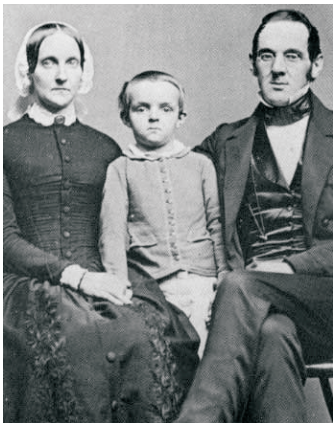
At that time, each island was ruled by its own chief. The Great Kamehameha changed this and united the islands in 1802, making Lahaina the capital. **Kamehameha the First**, as he was known, was born on the Big Island of Hawaii around 1758 and was one of the most popular leaders of that era. His favorite wife was named Ka`ahumanu. She was a strong woman born in Hana. Following Kamehameha's death in 1819, **Liholiho**, the heir of Kamehameha the Great who called himself Kamehameha II, ruled from 1819 to 1824. Liholiho died from measles in 1824 during a trip to England and was succeeded by his younger brother **Kau`ikea`ouli**, who called himself King Kamehameha III. He continued to reign for 30 years with Ka`ahumanu as a regent.

Kamehameha the First



Kamehameha III

The year 1820 brought the first Protestant missionaries to the



Early Protestant missionaries

area, introducing Christianity to the islands.

In the early 1800s it was found that oil from humpback whales could be used as a source of fuel. This started the **whaling industry**, making Lahaina and Honolulu Hawaii's largest towns. Whaling peaked around 1846 when 596 whaling boats were in service, 429 of which anchored off of Lahaina. The whaling industry began to decline in 1860 when petroleum was discovered, but a new industry would soon take over. Sugarcane fields in the United States were being destroyed in the Civil War, making the country more dependent on the islands for sugar. In 1868 thousands of Japanese contract workers arrived on Maui to work at the sugar plantations, followed by workers from Portugal, Korea and the Philippines. During this time the Hamakua Ditch was completed and stretched through 17 miles, beginning in the Hana rainforest, to bring up to 60 million gallons of water to the Central Maui sugar cane fields. Tariff wars soon followed and in 1893 the monarchy and

The first whalers

reigning leader, Queen Lili`uokalani, was overthrown. In 1959 Hawaii officially became the 50th state of the United States of America.

> **Did You Know?** Hawaii's first telephone line ran three miles and connected Ha`iku with Pa`ia.

■ Fauna

Sharing the Ocean

Show respect for marine life. People entering the water should stay at least 100 yards away from dolphins and refrain from approaching them. To do so may drive them away from their habitat. All marine mammals in United States waters are protected by the Marine Mammal Protection Act. Any action that deliberately disrupts their behavior is subject to a fine of up to $25,000, confiscation of your boat or vessel and/or up to one year in prison.

There have also been recent concerns about tour boats hitting whales or vice versa. Approaching humpback whales closer than 100 yards is prohibited by federal and state law and can also result in fines of up to $25,000. For more information about sharing the ocean, visit the Pacific Whale Foundation at The Harbor Shops at Ma`alaea or at their headquarters at 612 Front Street, or visit the website at www.pacificwhale.org.

Whales

Humpback whales are one of Maui's greatest tourist attractions (bringing in an estimated $27 million annually) in the winter months when they come to the warm waters of Hawaii to mate, calve and nurse their young. After spending the summers feeding in temperate Alaskan waters, about 60% (3,000) of the warm-blooded creatures travel at an average speed of three to six miles per hour during the 3,500-mile migration.

Some whales have been known to make the journey in less than 40 days. These amazing creatures use acoustical cues, currents, and temperature changes to find their way to Hawaii – the most isolated chain of islands in the world. The highest concentration of whales in Hawaii is the four-island area encompassing Maui, Lana`i, Moloka`i and Kaho`olawe where the water is shallow and land masses buffer otherwise strong winds and currents. This migratory cycle ensures that pregnant females and new mothers spend most of their time in warm waters.

Humpback calves are conceived in Hawaiian waters and then, after a 10- to 12-month pregnancy, born in the same warm waters. The calves, which weigh an average of 1.5 tons and are 10 to 16 feet long at birth, survive on their mother's fat-rich milk for six to eight months and will double in length during the first year. Males will eventually reach up to 43 feet, while females are slight larger at about 45 feet. Mature humpbacks weigh up to a ton per foot, or 80,000 pounds. Female whales can become fertile again soon after giving birth. Male and female whales don't form long-term bonds and their relations typically last for less than a day.

History of Whales in Maui: During the early 1900s, commercial whaling nearly decimated the humpback whale population in Hawaii. At that time, Lahaina was the whaling capital of the world – a raunchy port filled with sailors and saloons. The humpbacks received protection in U.S. waters during the early 1970s when the Marine Mammal Protection Act and the Endangered Species Act were passed. In the 1980s, the International Whaling Commission implemented a moratorium on commercial whaling that is still in effect today. The current population of North Pacific humpback whales has rebounded from an estimated low of 1,000 in 1964 to the current estimate of between 11,000 and 14,0000 whales, although the animals remain an endangered species.

> **Language Tip:** Whales are called *kohala* in Hawaiian, although that term is a general one for all whales, not just humpbacks.

Whalewatching: This is an exciting activity when the whales are active. And it's even more fun if you know what

you're looking at. Humpbacks are grayish-black in color and have white markings on the underside of their flukes (the tail area) which are different with each whale. The whales use their tails to swim by moving them up and down and they use their pectoral fins to turn and steer. A double blowhole located on top of the head is used to breathe.

*Some of the interesting behaviors you might witness on a whale-watching tour are a **pec slap**, when the whale rolls sideways to the surface and slaps its pectoral fins against the water; a **spy hop**, when the whale rises relatively straight up out of the water, keeping its head about the surface and often turning 90-180° before slipping back in to the water; and a **breach**, when the whale propels itself out of the water, throws a pectoral fin out to the side and then twists and turns heading back into the water.*

Did You Know? Humpback whales can sing. Nobody's quite sure how as they don't have vocal cords, but the long, complex patterns of sounds they make are called songs and generally last between six and 18 minutes.

Monk Seals

There are about 1,300 Hawaiian monk seals, most of them in the Northwestern Hawaiian Islands. Federal and state regulations prohibit disturbing monk seals; people and their pets are required to stay at least 40 yards away from a resting monk seal. Whenever a monk seal shows up on a beach, the Monk Seal Watch group on Maui cordons off the area with yellow tape to prevent people from bothering it. A 400-pound monk seal spent several weeks in late 2004 lounging about at Ho`okipa Beach Park on the island's north shore, oblivious to

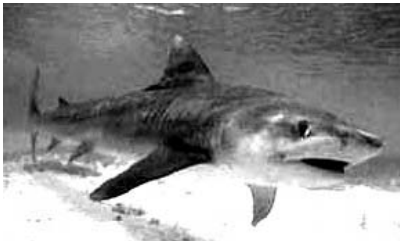
the Aloha Classic windsurfing contest that was going on at the same time.

Fish

Snorkeling is a fun and easy activity for anyone who knows how to swim. During your snorkeling and scuba diving adventures you're likely to see angel fish, butterfly fish, surgeonfish and wrasses. You can pick up a chart describing Hawaiian fish wherever snorkeling and scuba supplies are rented. Don't feed the fish as it makes them dependent and the more aggressive species tend to take over.

Sharks

About 40 species of sharks roam Hawaiian waters, ranging in size from a deep-water pygmy shark (eight inches) to a whale shark (up to 50 feet or more). They have highly developed sensory capabilities and can detect sounds and smells up to two miles away. Tiger sharks, which average 12 to 13 feet in length, are considered the most dangerous. You can recognize a tiger shark by its blunt snout and the vertical bar pattern on its side.



Tiger shark

HOW TO AVOID BEING BITTEN BY A SHARK

Your chances of being bitten by a shark are very rare, with on average of two or three attacks a year, a small number considering the number of people who enter the ocean. Here are some guidelines to keep the out-of-this-world odds on your side, just in case:

- Don't swim, surf or dive alone and if you do, let someone know where you will be.
- Avoid murky waters, especially river and stream mouths where sharks like to feed after a big rain.

■ Do not enter the water if you have an open wound or are bleeding; sharks are attracted to blood and body fluids, even in small concentrations.

■ Avoid entering the water at dawn, dusk and night, which is when some species move inshore to food.

■ Watch the behavior of fish and turtles in the water. If they start acting erratically, leave the water.

■ Look out for fishing boats – sharks, especially tiger sharks, frequent the areas around these boats because they often trail fish remains and blood.

Dolphins

Spinner dolphin

Hawaii is home to 13 species of dolphin, with the three most common being spinner, bottlenose and pantropical spotted. **Spinner dolphins** got their name because of their ability to leap out of the water and spin about. They are fairly small (about six feet in length) and are nocturnal, spending their days resting and then feeding at night. You will most likely see them at dusk when they head out to eat. They are very social creatures and you'll rarely see them outside of a school of 50 to 200 individuals.

Bottlenose dolphins (Flipper was one) are larger than spinners and can reach up to 10 feet in length. They are easily recognized by their stubby snout and mouth that curves up, resembling a smile. Bottlenose dolphins are active during the day and can usually be found in schools of two to 12 other dolphins.

Spotted dolphins feed during the day and night and are generally not found as close to shore as other dolphins. They're medium in size (about eight feet long). These creatures are born without spots but as they get older the number of spots keeps increasing, with males generally having more spots than females.

You'll frequently see dolphins during boat rides in Maui. Most species are attracted to the pressure wave created by moving boats and it's like an amusement park ride for them.

Caution: Dolphins are protected under the Marine Mammal Protection Act. It is illegal to harass, hunt, capture, collect or kill any marine mammal, including dolphins.

■ Getting There

By Air

Many airlines fly straight to Maui instead of making the traditional stop in Oahu. With inter-island fares at an all-time high (about $205-$250 round-trip), direct flights are a great money- and time-saver; you will cut out about two hours by not having to change planes.

Aloha Airlines, ☎ 800-367-5250 or 808-244-9072, www.alohaairlines.com

Island Air, ☎ 808-652-6541, www.islandair.com

Hawaiian Airlines, ☎ 800-882-8811, www.hawaiianair.com

American Airlines, ☎ 800-433-7300, www.aa.com

Air Canada, ☎ 888-247-2262, www.aircanada.com

Delta, ☎ 800-221-1212, www.delta.com

United, ☎ 800-241-6522, www.united.com

Author's Tip: At the end of your trip you must pass your check-in baggage through the USDA screening center prior to going to the airline counter. They are looking for forbidden fruits and vegetables from Hawaii that cannot be taken to the mainland. If you're just going to another island, you don't need to worry about this. Look for the USDA sign on the main road through the airport and next to most major airline counters.

Interisland Flights

Island Air, ☎ 800-652-6541, www.islandair.com, has daily flights to Moloka`i and Lana`i from the commuter terminal at Honolulu Airport. If you're on Kaua`i first, direct flights leave from Lihu`e Airport on Kaua`i to Kahului Airport.

Pacific Wings, ☎ 888-575-4546, flies to Kahului and Hana in Maui from Honolulu. This smaller airline has about five flights to the island's main airport in Kahului and between three and four to the smaller, more remote Hana on the island's east side.

Charters

Charter flights are becoming more popular and are often comparable in price to commercial airlines.

George's Aviation, ☎ 808-553-8554 or in Honolulu 808-834-2120, www.georgesaviation.com, george@georgesaviation.com, provides charters flights to Moloka`i, Maui from Honolulu.

TRAVEL TIPS

Security at airports is at an all-time high so here are some tips to help you get through the procedures in a timely and trouble-free manner.

■ Wear shoes with a small heal (less than one inch). Most people have to take their shoes off to have them scanned and it's the people who are wearing tennis shoes and other lace-up shoes that hold up the lines. Also take off jackets, metal jewelry and put keys, coins and mobile phones in your carry-on baggage.

■ Put all personal items in clear plastic bags so security screeners can see what's inside without opening them.

■ If you have a laptop computer, keep it handy (not at the bottom of your carry-on) as you will be required to screen it separately.

■ Most airlines require you to check in two hours prior to the flight. This allows you enough time for check-in and security, and it will alleviate any anxiety if the lines are long.

■ Check with your airline about weight restrictions on luggage. I've watched people have to open their luggage and transfer some stuff into large garbage bags so they could meet the limit.

■ Travel early in the day – I usually try to take the first flight of the day and I almost never run into lines at the airline counter or in security. Most people travel in the early afternoon and that is when you could run into delays.

■ If you have any questions about what you can and cannot bring with you, visit the Transportation Security Administration website at www.tsa.gov/public.

By Cruise Ship

Norwegian Cruise Lines, ☎ 800-327-7030, www.ncl.com, has seven- , 10- and 11-night cruises throughout the Hawaiian Islands that originate in Honolulu.

Holland America Line, ☎ 877-724-5425, www.hollandamerica.com, has a 15-night cruise around the islands that departs from San Diego.

Princess, ☎ 800-PRINCESS (774-62377), www.princess.com, has a 15-night cruise around Hawaii from Los Angeles.

Package Vacations

Unbelievable deals that combine airfare, car rental and/or accommodation can sometimes be found with a little bit of research.

You can also gear your vacation around a wedding, golf trip, honeymoon or family. But remember, if it sounds too good to be true, it probably is. Here is a list of some reliable firms that can help you with your planning.

United Airlines, www.united.com, ☎ 800-589-5582 or United Vacations, www.unitedvacations.com, ☎ 888-854-3899

Delta Airlines, www.deltavacations.com, ☎ 800-654-6559

Best4Hawaii, www.best4hawaii.com, ☎ 800-211-9631

■ Getting Around

Renting a car is the way to go on Maui as there's so much to explore. Shopping around on the Internet can help you find the best rates and allows you to choose from a compact car, SUV, Jeep or luxury vehicle.

DRIVING TIMES FROM KAHULUI AIRPORT

Wailuku	15 minutes
Kihei	25 minutes
Wailea	35 minutes
Makena	45 minutes
Lahaina	50 minutes
Ka`anapali	1 hour
Kapalua	1¼ hours
Hana	2½ hours
Haleakala	2 hours

Rental Car Companies

Alamo, ☎ 800-327-9633, www.goalamo.com.

Avis, ☎ 800-321-3712, www.avis.com.

Budget, ☎ 800-527-7000, www.drivebudget.com.

Dollar, ☎ 800-800-4000, www.dollar.com.

Hertz, ☎ 800-654-3011, www.hertz.com.

National, ☎ 800-227-7368, www.nationalcar.com.

Word of Mouth Rent a Car, ☎ 800-533-5929 or 808-8772436, www.mauirentacar.com.

Discount Car Rental, ☎ 877-874-4800 or 808-874-4800 1993 South Kihei Rd, Suite 214-B Kihei.

If you want to cruise around in style, the following outlets rent exotic vehicles and Harley Davidsons.

Word of Mouth Rent-A-Car, ☎ 800-533-5929 or 808-877-2436

Adventures Rent A Jeep, ☎ 800-701-5337 or 808-877-6626, www.mauijeep.com.

Aloha Toy Store, ☎ 808-662-0888.

Harley-Davidson Rentals & Retail Shop, 150 Dairy Road, ☎ 808-877-7433, www.mauicarsandbikes.com.

Taxi Service/Shuttles

Speedishuttle, ☎ 808-661-6667, www.speedishuttle.com, is the top provider for shuttle service between Kahului Airport and the rest of the island. They are reliable and reasonably priced.

Royal Taxi, ☎ 808-874-6900, provides island-wide cab service.

Alaloa Taxi & Tour Service, ☎ 808-281-3515.

Executive Shuttle, ☎ 800-833-2303 or 808-669-2300.

LA Taxi, ☎ 808-661-4545. From Lahaina to anywhere, 24-hour service.

Public Transportation

Akina Tours runs the public transportation service which is called **Holo Ka`a Public Transit** and goes from Kapalua to Wailea and to Kahului and Wailuku. For a schedule call ☎ 808-879-2828 or visit www.akinatours.com.

Roberts Hawaii, ☎ 808-871-4838, provides three routes between Central, South and West Maui towns with two shuttle routes operated by Maui Economic Opportunity, ☎ 808-877-7651. The buses run Monday through Saturday. For more information see www.co.maui.hi.us/bus.

Tours by Bus

Akina Aloha Tours, ☎ 808-879-2828, www.akinatours.com.

Maui Tours & Transportation, ☎ 808-874-5561, www.mttours.com.

Polynesian Adventure Tours, ☎ 800-622-3011, www.polyad.com.

Roberts Hawaii, ☎ 800-831-5541, www.robertshawaii.com.

Limousines

Carey Limousines of Hawaii, ☎ 808-572-3400, www.hawaiilimo.com.

THE PARTY BUZZ

For those who really want to party, there's one company that will cater to all your needs. The Party Buzz, ☎ 808-877-5757, www.dapartybuzz.com, is a bright orange- and white-striped vehicle that will take groups all over the island for a good rate. It looks like an old school bus, but the interior features a state-of-the-art stereo system and strobe lights. Prices vary but budget about $80 to $100 per person for a whole evening of fun.

■ Trip Planning

Activity Centers

You can't turn a corner in the busier areas of Maui without seeing an activity desk advertising great deals on helicopter rides, luaus, snorkeling equipment, etc. One of the most respected and recommended is **Tom Barefoot**, ☎ 888-222-3601 or 808-661-8889, www.barefoottours.com (or www.tombargefoot.com), who has been in business since 1975 and has over 50 pages on his website. The headquarters is in the heart of Lahaina at 834 Front Street.

Look out for activity centers and desks that offer free dinners or activities. Often these are timeshare companies that require you to spend two or three hours at a sales presentation in order to receive their "free" gift. If you have extra time and want to do this, fine. You don't have to buy to get the gift, but it seems like a large amount of time to spend in order to save a few bucks. But if you are looking for a timeshare, this is a great way to learn more about the process and see what each company has to offer.

If you are a water enthusiast who wants to take advantage of all that Maui offers, call **Action Adventure Tours**, ☎ i66-529-2544 or 808-874-8883, www.actionadventure-tours.com, for tour information. They can help you decide whether you want to kayak, hike, go rafting, scuba diving, get your scuba certification or all of the above. Their main office is at 1223 Front Street in Lahaina.

Times Zones

Hawaii does not participate in Daylight Savings Time like most of the nation. We have our own time zone, Hawaiian Standard Time, which is two hours behind Pacific Standard Time during the months of November through March, and three hours behind during the rest of the year. This can get confusing, especially if you're traveling, and I've talked to visitors who actually think their flight home on the day of the changeover will be an hour shorter!

When to Go

High tourist season in Maui is during the winter, when many visitors come to get away from the snow and cold weather back home. Airfare and accommodation prices from mid-December to the end of April are generally higher. Summer is another busy season, as school is out and families come to this island paradise for their annual vacation. The fall and spring months are excellent times to visit because they are not as busy, the weather is still generally pleasant, and prices are lower.

SUNSET VIEWING

Sunsets are one of the most appealing aspects of Maui. My father, a longtime visitor to the island, used to jokingly tell anyone in his Northern California office who was talking about going to Maui, "Ah, you'll hate the sunsets." No two are the same and I never tire of watching them. Neither does my dad. Sunsets are best viewed from West Maui in the summer and South Maui in the winter. Some of my favorite sunset-watching spots include the Sheraton Maui in Ka`anapali, where they have a sunset cliff-diving ceremony, from H.A. Baldwin Park in Pa`ia, the Lobby Lounge at the Four Seasons Maui in Wailea and Mala An Ocean Tavern in Lahaina.

What to Bring

Casual dress is the norm, with lightweight dresses, skirts and pants, shorts, t-shirts and bathing suits being just about all you'll need. Bring a light jacket just in case of a tropical rain shower and if you plan on going to Haleakala for sunrise, you may want something a little heavier – the temperature at that time can be 30° lower than in the coastal areas. Sandals or flip-flops (called "slippers" here) are popular and practical, although if you're doing some fine dining or going to a night-club you may be required to wear closed-toed shoes. I know of only one restaurant that requires a jacket for men and that is the Formal Dining Room at The Lodge at Koele in Lana`i. If you did forget anything, there are dozens of shops where you can pick up an aloha shirt, a sweater, shoes, or what ever else you need.

Getting Married

"Getting Maui'd" on Maui is an ideal way to take the plunge. Imagine reciting your vows at sunset on the beach, in a tropical chapel, underwater or next to a waterfall. And, you don't have to go anywhere for your honeymoon!

Most large resorts offer wedding packages complete with a coordinator, accommodation, musicians, flowers, caterers, a wedding cake and certificates. The Grand Wailea Resort on the south shore even has an on-site chapel. Several companies can help you plan your ceremony including **Aloha Moment**, ☎ 800-398-2271 or 808-667-2271, www.alohamoment.com, **Marry Me Maui**, ☎ 800-745-0344, www.marrymemaui.com, and **A White Orchid Wedding**, ☎ 800-240-9336 or 808-242-8697, www.whiteorchidwedding.com.

If you do decide to get married you'll need to find a marriage license agent for the State of Hawaii to issue the license. For a list of agents on Maui call ☎ 808-984-8210; on Moloka`i call **Linda-Reyes Napoleon** at ☎ 808-658-0337; on Lana`i call **Leticia Castillo** at ☎ 808-565-6380. Both the bride and groom must be present when the license is issued and both must be 18 years old. There's no waiting period, no residency requirement and no blood tests or shots required. The $60 fee must be paid in cash.

A free ***Getting Married*** pamphlet is available if you send a self-addressed, stamped envelope to the State Department of Health, Marriage License Office, P.O. Box 3378, Honolulu, HI 96801, ☎ 808-586-4545, www.hawaii.gov/doh.

Flora & Fauna

Most visitors are dazzled by the colorful array of flora seen abundantly throughout the islands. Some of the most prevalent plants include angel's trumpets (which resemble upside-down trumpets), heart-shaped waxy-feeling antheriums, spikey orange and blue birds of paradise, fragrant white and yellow ginger flowers, bold yellow, red and orange heliconia, hibiscus, aromatic plumeria and ever-present orchids.

Fruit trees also grow freely. There are so many avocadoes that you can't even give them away in season. During your travels you may see banana, avocado, breadfruit, macadamia, mango and papaya trees.

There are a lot of plants, trees and flowers that can only be found in Hawaii, including the koa tree that only grows in higher elevations (3,000-5,000 feet). It's hard wood is rare and something of a treasure. Koa is a member of the acacia family and can grow to be very large. Traditionally it was used to make outrigger canoes but today many shops in Maui offer Koa bowls, furniture, cribbage boards and desk accessories.

There are only two mammals endemic to the Hawaiian islands, the small hoary bat and the Hawaiian monk seal. Many others have been brought over, either on purpose or accidentally, and now Hawaii has many different animals, including some endangered species.

The State Bird of Hawaii is the nene, pronounced "nay-nay," which shares a common ancestry with the Canada goose and is found only on the Hawaiian Islands. It is believed that in 1778, when Captain Cooke arrived on the island, the nene population was around 25,000. In 1952 the nene population was thought to be about 30 birds and in 1967 this beautiful animal was listed as the eighth-most endangered waterfowl species in the world. Due to efforts to reestablish the nene in Hawaii, there are some 1,300 of the animals on the Big Island,

Maui, Moloka`i and Kaua`i, with about half living on the Garden Island of Kaua`i.

Pests in Paradise

Everybody loves Hawaii – including bugs and other pesky animals drawn by the tropical climate and pleasant breeding grounds. Even the nicest hotels and restaurants have the occasional cockroach or ant problem and it is not necessarily a sign of uncleanliness. Here's a list of some of Hawaii's most annoying pests and some suggestions on what to do if you see one, or worse, get bitten by one.

Cockroaches

There are 19 different kinds of these nocturnal pests in Hawaii. They may differ from the ones you see at home in the sense that they are very big and some of them fly (we call these "747s"). Cockroaches do not have very sophisticated palates – they will eat everything from paper and leather to hair and toenails. The best way to prevent cockroaches is to keep all food covered and to take out the garbage frequently.

Mosquitoes

Many visitors are surprised to discover that there are mosquitoes in Hawaii. Apparently they like the warm weather, too. Only the females bite and it's true – mosquitoes find some people more attractive (well, at least their skin secretions more attractive), which is why if two people go on the same hike, one will return covered in red, swollen, itchy spots and the other untouched. The best way to prevent bites is by using repellent (those containing Deet are the most effective, but do a skin test first as many people are sensitive); or wear long pants and long-sleeved shirts. Many people swear by Avon's Skin-So-Soft skin lotion as a mosquito repellent, although there's no scientific proof it works. And there's nothing more irritating then hearing a mosquito buzzing around your head when you're trying to sleep. I keep a fan blowing on me all night long, which seems to keep them away.

> **Did You Know?** Mosquitoes are tourists, too. They reportedly arrived in 1872 aboard the *Wellington*, a merchant ship headed to Lahaina. Like many locals, they decided to stay.

Centipedes

The centipede is probably the most hated and feared insect in Hawaii. Almost everyone who lives here has a story about seeing one, getting bitten or killing one. Chances are you won't see a centipede on your vacation, but don't be entirely surprised if you do run into one of these creepy crawlers. I saw one on the sidewalk at the Kahului Airport while researching this book. This long (up to nine inches), multilegged, scaley creature is more flat in shape than round and can live up to six years. Contrary to the name (centipede means "100 legs"), this pest has one pair of legs per body segment and the number of body segments is always an odd number. They move very fast in a snakelike motion and will bite in self-defense. The bite can be very painful, but rarely fatal. The wound will swell and redden and the pain may last for several hours. If the pain doesn't go away or the wound is in the face area, see a doctor. One of their few redeeming features is that they eat cockroaches.

> **Check Your Shoes:** *Centipedes often find refuge in tennis shoes left outside the front door. It takes only one bite for you to start a lifelong habit of always looking in your shoes before putting them on. I have a friend who went for a mile or so walk with his wife and then played tennis for quite a while before feeling something funny in his shoe. It was a centipede squished up in the toe of the shoe that finally found some space to move around in. Luckily my friend wasn't bitten. That time.*

Centipedes like damp, dark living conditions and may enter the home if it is very dry outside or after a lot of rain. Many people have been bitten while sleeping, so if you are staying in a damp, jungle-like area, check your bed before you hit the sack. If you do see one, the best way to kill it is to chop it up into several pieces with a sharp knife .

Lucky Charm: Geckos, the small, lizard-like creatures that you may see scaling the walls, are not pests.

They are, in fact, the opposite. These friendly creatures feed on cockroaches, mosquitoes, ants, moths and spiders and can often be found near light bulbs or behind wall hangings as they look for their next meal. If you don't see them, you might hear them – they make various chirping sounds. It is considered good luck to have geckos in your home. The downside is that they leave messy droppings along windowsills and on the floor.

Spiders

There are no tarantulas in Hawaii, although you may think you've seen one if you see a cane spider. This large, brown, long-legged spider is more helpful than heinous, though, and is probably more scared of you than you are of it. Mostly found outside, cane spiders are also frequently seen inside houses and other buildings, especially in the wetter parts of the islands. They do not spin webs and they rarely bite unless provoked. Cane spiders eat cockroaches and flies. If you do see one, the best thing to do is try to trap it and move it outdoors. It is considered bad luck to kill cane spiders.

Ants

There are over 40 types of ants found in Hawaii, most of them harmless – just pesky. Ants usually come in seeking food, so try to cover up all open containers and thoroughly clean up all spills.

Did You Know? There are no snakes in Hawaii, unless you count the ones in the Honolulu Zoo.

Fleas

Fleas are generally only a problem if you have a cat or dog but, if you're in an infested area, their bites can be irritating. The Hawaiian name for this pest is *`uku* and legend has it that the small four-string musical instrument called the *`ukulele* was named for Edward Purvis whose nickname was *`Ukulele* (leaping louse). He popularized the use of the instrument, which was then named after him.

■ Eating & Drinking

During your visit to Maui, you'll be introduced to a lot of foods you normally don't see on the Mainland. There's a lot of Japanese, Chinese and Filipino influence in our cuisines, such as the custom of having rice with every meal. Here's a guide to help you out.

Maui onions: This sweet juicy onion is mostly grown Upcountry and is known for its mild taste – real Maui onion lovers have been known to eat them like apples! Large and yellowish with a flattened top, Maui onions are available year-round.

Shave ice: A Hawaiian snow cone (not shaved ice) made with shaved (not crushed) ice and then topped with a syrup of your choice. It looks like a snow cone but the difference is that a snow cone has coarse ice shavings that don't allow for the syrups to stick to the ice as well as shave ice. Pick one flavor – mango, li hing mui, pineapple, lilikoi, guava, Kona coffee or bubble gum, for example, or a rainbow flavor concoction. You can even get a "snow cap" of sweet cream piled on top.

Saimin: A noodle soup with pork slices, egg, green onion and fish cake. Saimin is offered for breakfast, lunch and dinner at many local restaurants and even at McDonalds.

MAUI TREAT

The residents of Maui used to have a big secret that has recently spread to other Hawaiian islands – **Roselani ice cream**. The Wailuku-made ice cream has an unbelievably luscious flavor and texture, which can be credited to the fact that it is made with 12-16% butterfat. The best part about Roselani is the variety of different, exotic flavors like Kona mud pie, chocolate macadamia nut, poha berry, haupia, coconut pineapple and cappuccino chip. The Maui Soda & Ice Works started making ice cream for local parlors in 1932 and in 1970 began packaging it for at-home enjoyment. The company's founder,

Manuel Nobriega, has kept the business in the family and it is now run by his grandchildren. In 1998 the company started distributing in the other islands (lucky them!) and can be found in many large grocery stores like Foodland, Star Markets and Time Supermarkets in Oahu. On Maui you can try Roselani (named after Maui's official flower, Lokelani, which means "heavenly rose") at several ice cream stands and restaurants like Hali`imaile General Store, Hana Ranch Restaurant, Mañana Garage in Kahului and Milagro's Food Co. in Pa`ia.

Poi: This thick, paste-like starch made from taro root is a staple in the Hawaiian diet. Poi is low in fat and protein and is usually sold at grocery stores and small markets in plastic bags or round plastic containers with lids. Poi is an acquired taste, kind of like Vegemite to Australians. In Hawaii, it is often a baby's first food.

Li hing mui: Preserved Chinese plum, usually sold as a flavored snack or as a flavor of ice cream or shave ice.

Lomilomi salmon: Raw diced salmon mixed with tomatoes and onions, usually served with a plate lunch.

Loco moco: A breakfast dish consisting of a hamburger patty covered with a fried egg and served over rice and gravy

Kalua pig: Tender pork, cooked in an imu (underground oven) and frequently served at luaus or with plate lunches.

Plate lunch: A meat like kalua pig, lomilomi salmon or teriyaki chicken, served with two scoops of white rice and one scoop of macaroni salad.

Did You Know? Plate lunches are believed to have originated when plantation workers took their lunch breaks and discovered different cuisines among the different ethnic groups. Japanese workers would bring teriyaki beef with rice and their Filipino coworker may have had a pork or chicken stew. Next to them might have been a Korean with marinated ribs or someone from China with a rice noodle dish. Once they began sharing their lunches with the Hawaiians and their Kalua

pig, a tradition was born – plate lunches. Plate lunches are traditionally served with "two scoops rice" and "one scoop macaroni."

Poke: A raw-fish relish usually made with ahi and mixed with chopped tomatoes and onions.

Malasada: A Portuguese doughnut found at roadside stands or in bakeries.

Portuguese sausage: A spicy sausage usually served at breakfast as a side or in an omelet.

Pupu: An appetizer or starter.

Haupia: Coconut pudding served as a dessert.

Pog: Pineapple, orange and guava juices. This is what they'll probably serve you on the airplane flight over to Maui.

White rice: This starch is commonly served with breakfast, lunch and dinner and served with soy sauce (called shoyu).

HAWAII REGIONAL CUISINE

Many of the finer restaurants serve what is known as Hawaii Regional Cuisine (shortened to HRC), which incorporates fresh fish, fruits and vegetables into creative and innovative cuisine. In 1991, 12 island chefs formed a coalition to promote Hawaii Regional Cuisine as a way to celebrate and perpetuate the diversity and sophistication of the natural products we have here in the islands. This movement has become very popular and has spread to many of the finest restaurants on the Mainland.

Tips on Tipping

Tipping for good service is normally 15-20%. Tipping for great service is 20-25%. Servers generally work for minimum wage but, if they were especially helpful or informative, give them an extra couple of bucks. It will make their day and isn't that a nice feeling?

If the food is horrible, don't punish the server. It's not his or her fault and they might not know there is a problem unless you tell them. Complain to the manager. If nobody tells a restaurant that their food is unacceptable, they might not know.

But if it's clearly not the server's fault and his or her service was fine, leave a nice tip. You can ask him or her not to share it with the kitchen, if that is how the restaurant shares tips.

> **Tip:** If you're from a state that has a high sales tax, keep in mind that the tax in Hawaii is about 4%. A lot of visitors from places like California (where the tax is 8-9%) will generally just double the tax to figure out the tip. They bring that formula to Hawaii and end up leaving their server an 8% tip.

And please don't complain about the prices – everything has to be imported here, including you. Consider how much it cost you to fly here and formulate that into everything you eat and buy. It's not cheap. But do you see waterfalls, the Pacific Ocean and rainbows from your favorite restaurant at home?

We live in a tropical paradise and unfortunately we share it with a lot of tropical pests, especially in open-air restaurants. Don't freak out if you see a cockroach or another pest in the building. In your food, yes; in the restaurant, no. These creatures fly in and there is no way to control them. And if there's a tiny fruit fly in your mai tai or mango margarita, just scoop him out. He doesn't drink a lot.

Reservations

Also, always call to see if you can make a reservation, especially if you have more than four people in your party. It's essentially in high-end restaurants in high-traffic areas like Lahaina, Ka`anapali, Kihei and Wailea and it can save you a lot of waiting.

It is common courtesy to tip the bellman at your hotel $1 per bag and the valet $1 per car.

Fish of Hawaii

Mahimahi is also called dorado or dolphin fish (not the mammal). It's a moist, flakey, mildly flavored, sweet, light pink fish that turns white when cooked. Mahimahi is

available in the spring (March through May) and fall (September through November). They range between eight and 25 lbs.

Opah is called moonfish. For a long time, opah has been thought to be good luck so it was only given away, never sold. Opah is a nonschooling open-ocean fish so it's not caught in great quantities. Opah has four types of flesh. The flesh behind the head is orange-tinged, the flesh toward the belly is a pinkish color and the cheeks are dark red. All of these types of flesh cook to white. The flesh inside the breastplates of the opah is a bright red color that turns brown when cooked. Opah is most frequently available from August through December.

Monchong (also called bigscale pomfret) is becoming more popular in Hawaii restaurants. Monchong ranges in size from four to 25 lbs, with fish over 12 lbs preferred. Its high fat content makes it excellent broiled, baked or sautéed. Monchong is available from May through September.

Opakapaka, or pink snapper, is a melt-in-your-mouth fish with clear, pale pink flesh. Most opakapaka caught are from one to five lbs, but they can grow to 12 lbs. Opakapaka are caught all year in depths of 300 to 500 feet, but are most abundant in the last half of the year.

Onaga is also called longtail snapper or red snapper. It ranges from one to eight lbs and, when cooked, is moderately firm and moist. Onaga is most commonly caught from July to December.

Uku, commonly known as grey snapper or jobfish, is another delicate, moist-tasting fish. It is most commonly found in the summer months when other snappers are less available.

Aku, also called skipjack or bonito tuna, is caught all year long and usually weighs between four to 15 lbs. Larger aku, sometimes weighing up to 30 lbs, can be found in the summer months. Aku has a firm flesh that is deep red in color. It can be prepared and eaten raw; when cooked, the flesh becomes light. It can be baked, broiled or grilled and is commonly used in sashimi, sushi or poke.

Shutome (Hawaiian name is *A u Ku*) is also called broadbill swordfish and has a firm texture and mild taste that makes it

ideal for broiling, poaching, stir-frying or baking. Shutome is most commonly found from May through October.

Ahi is the Hawaiian name for two tunas that are similar in appearance. Bigeye tuna is a more plump variety with a larger head, while the yellowfin tuna has long, bright yellow fins. Ahi weigh between 10 and 250 lbs. Both fish have firm red flesh that turns white when cooked and are excellent when broiled, baked or sautéed. Top grade ahi has a higher fat content and is considered perfect for sashimi and sushi. Bigeye tuna is most commonly found in October through February, while yellowfin is most easily found from April through September.

Tombo is albacore tuna and has a light pink flesh. It is the lightest and mildest in flavor of all tunas. Tombo usually weigh in at 40 to 80 lbs, and those over 50 lbs are most desirable. Tombo is most available from April through September.

There are two types of **marlin** (Hawaiian name is au) found in the islands – Pacific blue marlin is called **kajiki** and striped marlin is known as **nairagi**. Kajiki is most frequently caught in the summer and fall, while nairagi is caught mostly in winter and spring. The flesh of marlin varies with each fish but ranges from clear pink to amber or orange-red and they all turn white when cooked.

Hebi is also called shortbill spearfish and usually weighs between 20 and 40 lbs. It has an amber-colored flesh that is similar to marlin but not as firm. Hebi is most commonly found between January and June.

Ono is also known as wahoo and is one of the most common fish you'll see on menus. The ono is a strong, slender fish with a firm yet flaky texture. It is often called the "chicken of the sea" due to its mild taste that even people who say they hate fish tend to like. Ono can be sautéed, baked, grilled or broiled.

Farmers Markets on Maui

Honokowai: On Lower Honoapi`ilani Road across from Honokowai Park from 7 to 11 am Monday, Wednesday and Friday.

Kahului: The `Ohana Farmers Market is held in the Kahului Shopping Center by Ah Fooks Supermarket on Ka`ahumanu Boulevard from 6 am to 1 pm on Wednesday.

The same market is also held in the Queen Ka`ahumanu Center on Ka`ahumanu Boulevard from 8:30 am to 2:30 pm on Fridays.

Kihei: A farmer's market is held at Suda's Store on South Kihei Road from 1:30 to 5:30 pm on Monday, Wednesday and Friday.

Wailuku: Held in the country parking lot on Market Street from 8 am to 6 pm, Monday through Friday.

Made in Maui

Maui entrepreneurs have created some of the tastiest condiments and seasonings along with some glorious-smelling soaps and lotions. Look for them in grocery stores or visit the Maui Tropical Plantation store in Waipaku, which has a huge selection of made-in-Maui goods. Here are some of my favorites:

Maui Sun Tea Co., P.O. Box 885, Kula, HI 96790, ☎ 800-871-8817, www.mauisuntea.com, makes tropical teas such as mango essence tea.

Maui Jelly Factory in Makawao makes Maui onion mustard, Maui onion salsa and a yummy jalapeño mustard. Their products are served in the restaurant at the Hotel Hana-Maui or you can buy gift packs at stores around the island.

Volcano Spice Co., P.O. Box 762, Haiku, HI 96708-0762, chefkev9@juno.com. Maui chef Kevin Carlson created these gourmet seasonings – called Volcano Spice – to add Cajun flavor to ahi, steaks and chicken or to spice up chili, chowder, tofu and eggs. Touted as "an eruption of flavors," Volcano Spice comes in mild, medium or "blazing hot."

Maui Heat Wave makes a wonderful all-natural fresh chili garlic sauce that I saw only in the Ha`iku Grocery Store. For more information, contact **Hawaii Taro Co.**, P.O. Box 416, Ha`iku, HI 96708, www.hawaiitaro.com, taro@maui.net.

Maui Brand Sugar, P.O. Box 266, Pu`unene, HI 96784, ☎ 800-735-9348, www.mauibrand.com. They use Maui's sweetest sugar cane to make two kinds of sugar – Natural White or Premium Maui Gold.

Essence of Iao, 145 North Kihei Road, Kihei, HI 96753, www.essenceofiao.com, mauisoap@shaka.com,

☎ 877-661-6284 or 808-875-2700. They make soap/loofah combos with rain water from Iao Valley. The soaps are handmade on Maui and come in such scents as Wild Awapuhi or Pikake lei.

Maui Excellent, www.mauiexcellent.com, 197 Alohi Place, Makawao, HI 96768-8707, ☎ 808-573o-4005, has aromatherapy oils like pikake, lavender and a volcano oil with eucalyptus and peppermint to help sore muscles.

Maui Island Secret, www.mauiislandsecret.com, has island-inspired tanning and skincare products like their secret browning formula. Their products are available at ABC stores, Safeway, Longs, snorkel shops and hotel boutiques.

Tiffany's Sassy Maui Salsa, 810 Kokomo Road, Haiku HI 96708, tsassy@tiki.net, has mild, medium and hot salsa available at Down to Earth health food stores and other grocery stores.

Hana Botanicals, P.O. Box 1145 Haiku HI 96708, ☎ 866-410-4440 or 808-248-4884, www.hanabotanicals.com, has candles (choose from scents like coconut-lime, eucalyptus, mango-papaya or plumeria), aloe vera shower gels and bath salts.

If you go to Moloka`i, look for these only-in-Moloka`i items:

Made on Molokai Grilling Herbs by Hawaii Kai Salts, P.O. Box 610, Kaunakakai, HI 96748. A mixture of basil, oregano, tarragon and fennel used for grilling seafood, meats and vegetables. Sold at Hotel Molokai.

Moloka`i Tropical Soap, P.O. Box 1538, Kaunakakai, HI 96748, www.molokaitropicalsoap.com. Try the white ginger awapuhi soap with grapeseed and avocado oil or the pikake soap with macadamia oil.

**Moloka`i Coffee**, www.molokaicoffee.com, ☎ 800-709-BEAN, info@molokaicoffee.com. Try such Moloka`i-grown coffee flavors as the dark roast Molokai Muleskinner, the rich-bodied Malulani Estate or Molokai Island Natural Tahitian Vanilla. They also have Hawaiian gift baskets and chocolate-covered coffee beans.

For something from every island, check out **HotSauceHawaii.com**, ☎ 800-592-9103. In addition to hot sauces, this site sells Macadamia nut cookies, shirts,

Hawaiian music and gift sets. Try a bottle of the Molokai Hot Sauce made with apples and bananas grown on Molokai, with coconut and curry. The Lanai Hot Sauce is made with papayas from that island and pineapples. They also sell Maui Hot Sauce and Maui Onion Salsa.

Spas

Maui is renowned for its spas, most of which are in the fancier hotels. Some of the treatments integrate ancient Hawaiian techniques using island ingredients with traditional methods. Some favorite treatments include *lomi lomi* massage, in which the therapist uses long strokes and his or her elbows, *pohaku* using hot stones, or traditional *shiatsu* or Thai massages.

■ Accommodations

Before you select a place to stay, you should decide what you want out of your accommodation. Do you want to be waited on hand and foot? Do you want to lug your own luggage around or have someone else do it? Are you working within a budget? Do you want an ocean view? Do you need family-friendly accommodation?

Hotels and resorts are great for those who don't want to cook, clean or worry. Most of the time there's valet parking and a bell desk to help you take your luggage back and forth to the room. Most are situated on beaches and can help with activities. You can sometimes find better rates or special packages on a hotel's website. Some hotels have "fifth night free" promotions or honeymoon or family packages. You may also be able to get a rental car deal with your reservation.

> **Author's Tip:** The room rate you're quoted may sound like a deal, but be sure to ask about additional charges. Some hotels charge up to $17 as a resort fee, which may include a free newspaper and coffee. This fee is generally not optional, although they sometimes make it sound that way. Also, expect to pay about 11% in taxes.

Condominiums are also great for families, are more like home, and are generally cheaper than hotels and resorts. Most have kitchens, grills and washing machines. They are great if you want to cook, have a large family or several families visiting together. Most don't have daily housekeeping, although some offer it for an additional fee. Most condos have price breaks for those who stay for a week and even better deals if you stay for a month (lucky you!).

> **Author's Tip:** Oceanfront and ocean-view rooms are great, but if you don't plan on spending much time in your hotel room or condo, you can save a lot of money by getting a partial ocean view or garden view. Check the prices and weigh out the options.

Vacation rentals are usually homes that the owners offer to other families. These are for people who want a "home away from home" with all the amenities. They offer privacy, full kitchens and easy parking.

Bed & breakfasts are great for couples and newcomers to the island. They are cozy and, as they offer only breakfast, you have an opportunity to try a variety of Maui restaurants for lunch and dinner. Some have small kitchen facilities, mostly capable of making coffee and reheating leftovers. Breakfasts are on a time schedule so if you're not an early riser, you may miss your morning meal. If you're an extra-early riser, some hosts will prepare your breakfast the night before or make you a meal to take with you on your adventures.

Just For Kids

Most large resorts and hotels have special programs for kids that teach them about island history, traditions, ecology and adventure in a fun and intriguing manner. Most programs run about $50 per day. The one exception is the Ka`anapali Beach Hotel, which has a free program. Make sure to reserve a space early (at least 24 hours ahead) so that the instructor can plan her day properly.

In Ka`anapali

The **Ka`anapali Beach Hotel** has one of the best programs for kids. Their "Aloha Passport for Kids" is free of charge and

unsupervised. When a family checks in they receive the "Aloha Passport" information that explains how the child must participate in each program to earn a stamp. The children and their parents, if needed, must find a certain number of destinations to win a prize. It's fair though – children ages six-12 are expected to find 12 destinations, while children ages three-five years old must be with an older camper. At each destination the child receives an "Aloha Passports" stamp and time to play with the many games.

The **Aston Ka`anapali Shores** has Camp Ka`anapali for children ages five to 12 with educational nature walks, Hawaiian crafts, storytelling and hula lessons from 8 am to 2 pm, Monday through Friday.

Embassy Vacation Resort has a Beach Buddies program for kids age five to 12 with miniature golf, nature walks, fish feeding and swimming from 8 am to 2 pm daily.

Hyatt Regency Maui has Camp Hyatt for ages five to 12 that includes rides on the Sugar Cane Train, building sandcastles and visiting the Maui Ocean Center. This program runs daily from 9 am to 3 pm and again from 6 to 10 pm.

Maui Marriott Resort and Ocean Club has its Ka`anapali Keiki Kamp for those aged five to 12 and focuses on Hawaiian activities like arts and crafts and ocean adventures. The Kamp is held from 8:30 am to 3 pm, Monday, Tuesday, Thursday and Friday.

The **Sheraton Maui** has a Keiki Aloha program for kids ages five to 12, held at its sister property, The Westin Maui. They combine Hawaiian history and culture with arts, crafts and games. The program runs from 8:30 am to 3:15 pm and half-days and evening activities are available.

The **Westin Maui's** Keiki Kamp for kids ages five to 12 includes hands-on activities like sandcastle building, Hawaiian crafts like lei making, hula lessons and museum tours. The Kamp is held daily from 9 am to 3 pm.

Napili

The **Napili Kai Beach Resort** has a Keiki Club for kids ages six to 12, held during summer and Easter and Christmas holiday seasons. The daily program is two or three hours a day

and includes Hawaiian games, hula lesson and parent/child golf putting.

Wailea Area

The **Fairmont Kea Lani** has a Keiki Lani program for kids ages five to 12 that includes painting coconuts, exploring tide pools and hula lessons. The program runs from 9 am to 3 pm.

The **Four Seasons Resort Maui** at Wailea has a Kids For All Seasons program for those ages five to 12 with outdoor activities like tennis, swimming, ping pong, lawn hockey and *`ulu maika* (Hawaiian bowling). The program runs daily from 9 am to 5 pm.

The **Grand Wailea Resort Hotel & Spa** has an excellent program called Camp Grande for kids ages five to 12, which has a 20,000-foot mini-resort that includes an arts and crafts room, a video arcade and Nintendo. Camp Grande is held daily from 9 am to 4 pm and nightly from 5 to 10 pm.

The **Maui Prince Hotel** in Makena has a Prince Keiki Club for kids ages five to 12, with scavenger hunts, treasure box making and sandcastle building. Half-day sessions are from 9 am to noon and then noon to 3 pm every day except for Sunday.

Renaissance Wailea Beach Resort has Camp Wailea for children ages five to 12; activities include nature hikes, island crafts, coral reef tours and whalewatching classes during whale season. Camp Wailea is held from 9 am to 1 pm on Tuesday, Thursday and Saturday.

Wailea Marriott has their Cowabunga Club for those between the ages of five and 12, including games like Hawaiian bingo and crossword puzzles, arts and crafts, playing Hawaiian instruments and even a "gecko safari." The club is held from 9 am to 2 pm.

Kapalua

The **Kapalua Bay Hotel** has a Keiki Day program for those ages five to 12 that includes yoga and an introduction to art. It is held daily from 9 am to 3 pm.

The **Ritz-Carlton** has the Ritz Kids program for children ages five to 12 where the kids learn about Maui art, culture, ecology and nature. It takes place daily from 9 am to 4 pm.

Moloka`i

The **Lodge & Beach Village** at Molokai Ranch has Keiki Activities for kids ages five to 12, including fun stuff like exploring tide pools, archery, fishing, biking and lei making. The program runs daily from 9:30 am to 2 pm.

Lana`i

The **Manele Bay Hotel** offers the Pilialoha Children's Program for kids ages five to 12 and includes golf, tennis, hiking and a scavenger hunt. The program runs daily from 9 am to 3 pm and there are special evening activities from 5 to 10 pm on Tuesdays and Fridays.

Restaurant & Hotel Prices

Look for Happy Hour or early-bird specials. Some restaurants like Sansei in Kapalua and Kihei have early and late night specials on sushi. Mañana Garage in Kahului has frequent specials designed to bring in customers during the slow times. Sometimes, they cut the price of entrées in half for the whole evening. Call them for the latest.

Hotel room prices are not set in stone and I always look at the hotel's website for specials. Many hotels have e-newsletters where you can sign up for updates. Also, look to see if they have a fifth-night-free promotion.

■ Practical Information

For information on Maui, contact the **Maui Visitors Bureau** at ☎ 808-525-MAUI or visit www.visitmaui.com.

Maui Memorial Hospital, ☎ 808-244-9056, 221 Mahalani, Wailuku.

Poison Control Center, ☎ 800-362-3585.

Coast Guard Search & Rescue, ☎ 800-552-6458.

Banks are generally open from 9 am to 3:30 pm on weekdays with the two largest being First Hawaiian Bank and Bank of Hawaii.

Newspapers

The ***Maui News*** is the island's daily newspaper. It is available for 50¢ at newsstands and grocery stores.

Maui Time Weekly, www.mauitime.com, is a free weekly paper with a listing of current events, nightlife and dining. Don't miss the Holoholo Girl column for a hilarious look at the life of a Maui resident.

Maui Weekly, www.mauiweekly.com, is another free weekly paper that has interesting articles and a dining/entertainment section.

There are many free publications that can help you navigate the island and frequently have coupons for free gifts or discounts. Some of the better ones include ***This Week Maui***, ***Maui Menus***, ***101 Things to Do on Maui*** and ***Menu***.

Internet

Maui is such a huge tourist destination that almost every town has at least one Internet café where you can check your e-mail. I have listed these in the information section of each chapter. Most large hotels have either a business center where you can use a computer or an in-room Ethernet cable so you can plug in your laptop, usually for $10-12 for a 24-hour period.

Cell Phones

Most cell phones can be used in Maui, although systems like T-Mobile, Sprint and Nextel don't get the best reception. Even with Verizon, I had problems in some areas of Maui and especially in Moloka`i and Lana`i.

Television

Channel 7 is the informative island-wide Visitor Information Channel that takes you to every corner of Maui.

Radio Stations

FM

90.7 . . . . . KKUA Hawaii Public Radio – classical music
91.5 . . . . . KEAO Mana`o Radio – eclectic/free form
93.5 . . . . . KPOA Island Radio
94.3 . . . . . KDLX – country music

95.1 . . . . . KAOI – adult contemporary & Hawaiian music
98.3 . . . . . KJMD Da Jam – urban hits & Jawaiian
99.9 . . . . . KNUI The Vibe – contemporary hits
101.1 . . . . . KLHI The Point – alternative rock
103.7. . . . . KNUQ – Jawaiian music
104.7. . . . . KONI – oldies
105.5. . . . . KPMW Wild 105 – Hawaii's party station

AM

550. . . . . KMVI – sports talk
900 . . . . . KNUI – Maui's Aloha Station
1110 . . . . . KAOI – news, talk and sports

Convenience Stores

ABC Stores (www.abcstores.com, open from 8 am to 10:30 pm) are the best-known convenience/gift stores in the Hawaiian Islands. They have eight locations on Maui and sell groceries, liquor, souvenirs, beach towels and clothing.

Beach Safety

Never turn your back on the ocean. Use your instinct. Always swim with a buddy. I always tell people that if you don't see anyone swimming at a beach, there's probably a good reason, whether it's a mean rip current that you can't see or a recent shark sighting.

Most beaches have signs explaining the different hazards you may encounter. Take these signs seriously – nothing ruins a vacation quicker than a serious injury or, worse, death. When the surf is high and dangerous, most resorts plaster warning signs around their properties and along the beach. When I stayed at the Ka`anapali Beach Hotel, I even received a recorded message from security telling me to stay out of the ocean. Ocean conditions can change quickly, so be aware of your surroundings.

> **Tip:** If you're not a confident swimmer but want to snorkel, use a flotation device like a boogie board or a noodle. These are available at most snorkel rental places and most snorkel tours have them on board.

Maui is a big surfer destination. Big surf is seasonal, usually hitting the north-facing shores with monster waves in the winter months while the south shore gets occasional swells in the summer.

Holidays & Local Festivals

January

Chinese New Year: Celebrate at Lahaina's Wo Hing Temple or Wailuku's Street Festival. ☎ 808-270-7414.

February

Great Maui Whale Festival: Maui's longest-running celebration honors the humpback whales that visit every year. The festivities occur at Kalama Park in Kihei and include The Great Whale Count, live entertainment, a craft fair and food booths.

Valentine's Day Orchid Show: The Maui Orchid Society hosts this show at the Queen Ka`ahumanu Center in Kahului. ☎ 808-877-4325.

March

Ocean Arts Festival: Lahaina celebrates the annual migration of the Pacific humpback whales with this two-day festival held at Banyan Tree Park. Local artists display their ocean-oriented artwork and popular Hawaiian musicians provide entertainment. There is also a beach clean-up and marine-related games and activities. ☎ 808-667-9194 or 888-310-1117, www.visitlahaina.com.

Hoomau Annual Hawaiian Music Concert: A full day of music and hula at the Maui Botanical Gardens Amphitheater in Wailuku. The concert benefits the Punana Leo O Maui Hawaiian immersion preschool. ☎ 808-244-5676.

Art Maui: The works of some of Maui's best artists are presented at this annual juried show at the Maui Arts & Cultural Center in Wailuku. ☎ 808-272-7469.

April

East Maui Taro Festival: A two-day celebration of taro, a starchy Hawaiian root that is made into poi, an island staple. Held in Hana, the festival has poi-pounding demonstrations,

a taro pancake breakfast, crafts and entertainment. ☎ 808-248-8972 or visit www.tarofestival.org.

The `Ulupalakua Thing: This agriculture trade show and sampling highlights food products and provides entertainment at historic Ulupalakua Ranch. ☎ 808-878-2839 or visit www.ulupalakuathing.com.

Celebration of the Arts: The Ritz-Carlton in Kapalua host hands-on activities in hula, chant and the Hawaiian arts. There's also a Hawaiian Lu`au with traditional foods and a concert with renowned island musicians. ☎ 808-669-6200 or visit www.celebrationofthearts.org.

David Malo Day: Maui's most famous scholar is honored in Lahainaluna.

No Ka Oi Square Dance Festival: This three-day festival is held at the Wailuku Community Center. ☎ 808-661-0414.

May

Mother's Day Orchid Show: Enjoy the Maui Orchid Society's show of its prized plants at Queen Ka`ahumanu Center in Kahului.

The International Festival of Canoes Cultural Event: Islanders from around the Pacific show their canoe-carving skills, from log to launch, at this Lahaina festival. The event also includes artwork, a parade and entertainment. ☎ 888-310-1117 or www.mauicanoefest.com

Pa`ia Mantokuji Mission: This annual one-day bazaar offers ethnic foods, produce and other goodies. Call ☎ 808-579-8051 for more information.

Ka Hula Piko Festival (in Moloka`i): This festival celebrates the birth of hula and showcases Hawaii's hula traditions in dance, chant and lectures. Enjoy Hawaiian entertainment, food and handmade crafts. Held at Papohaku Beach Park in

Kaluakoi. ☎ 808-553-3876 or www.molokaievents.com for more information.

June

Upcountry Fair: This festival includes a chili cook-off, a livestock show, entertainment and an auction. Located at the Eddie Tam complex in Makawao. ☎ 808-870-8051.

Maui Film Festival Celestial Cinema: Watch the movies under the stars at the Wailea Resort. Other sites include a giant screen in the Castle Theater at the Maui Arts & Cultural Center in Wailuku. ☎ 808-572-3456.

Maui Chamber Music Festival: Top classical musicians present chamber music at the Maui Arts & Cultural Center in Wailuku. ☎ 808-242-7469.

Kamehameha Day: A parade through Lahaina's Front Street includes floats, bands and horseback riders in this tribute to Hawaii's first king. ☎ 808-667-9194.

Ki-Hoala Slack-key Festival: The state's finest guitar musicians play at the Maui Arts & Cultural Center in Wailuku. ☎ 808-242-7469.

Natsu Matsuri: This Japanese Summer Festival offers everything from chopsticks to sushi, bon dancing and a Spam cook-off. ☎ 808-270-7414.

More Than Just Desserts: All the desserts you can eat plus champagne and a cheese table with an auction to benefit the Maui Humane Society. ☎ 808-877-3680.

July

Annual Paniolo Parade/Annual Makawao Rodeo: Held in Malawao, this traditional July 4th parade honors the Hawaiian cowboy tradition. ☎ 808-572-9565. The rodeo also begins on the 4th of July and hosts three days of rodeo events at the Oskie Rice Arena above Makawao. ☎ 808-572-2076.

Kapalua Wine & Food Festival: Held at the Kapalua Resort, the festival hosts Hawaii's hottest chefs and premier winemakers for several days of wine tasting and gourmet meals. This is the longest-running food festival in Hawaii and is considered the most prestigious. ☎ 800-KAPALUA or 808-669-0244, www.kapaluamaui.com.

Lana`i Pineapple Festival: This festival held at Dole Park celebrates the island's pineapple plantation days with an all day celebration of live entertainment, local food and craft booths. There are also pineapple eating and cooking contests followed by a fireworks display. For more information call ☎ 808-565-7600 or see www.visitlanai.net.

Sea Fest: All sorts of boats are displayed during this festival at the Maui Mall which is traditionally held the last weekend in July.

August

Ala Lani Big Bazaar: This Kahului church's bazaar includes Tongan, Filipino and Korean foods.

The Maui Onion Festival: Complete with an onion-eating contest, this festival is held in early August in Whalers Village in Ka`anapali. The festival is held in Whaler's Village and is a fun weekend with a farmers' market, cooking demos and cooking competitions using the famous sweet onion. ☎ 808-661-4567 or visit www.kaanapaliresort.com for more information.

September

The world-famous (maybe because it's in Maui!) **Maui Writers Conference** is held every Labor Day weekend and is an opportunistic chance for wannabe writers to meet famous writers, editors and literary agents. This is a must for any aspiring writer. ☎ 808-879-0061 or visit www.mauiwriters.com for more information.

Somos Amigos: This street festival is held in Wailuku and celebrates the island's Hispanic and Portuguese heritages. ☎ 808-270-7414.

A Taste of Lahaina: This is Maui's largest culinary festival and showcases over 30 Lahaina restaurants as well as featuring a farmers' market, a beer garden and a cooking demonstration. Held at the Lahaina Recreational Park II. For more information, call ☎ 888-310-1117 or see visitlahaina.com.

Maui Marathon: The 26.2-mile race begins in Kahului and ends in Ka`anapali. It is the oldest continuously held running event in Hawaii. There's also a fitness expo and a 5k fun run/walk during the weekend festivities. For more information, ☎ 808-871-6441 or visit www.mauimarathon.com.

Garden Party: This adult-only (not what you're thinking – it's just that no kids are allowed) fundraiser for the Maui Academy of Performing Arts is held at an old plantation manager's estate in Wailuku and includes wine tasting, cooking demonstrations, live music and an auction. ☎ 808-244-8760 or www.mauiacademy.org.

Life Fest Kapalua: An educational, entertaining and empowering forum with several well-known presenters discussing integrative medicine, Hawaiian healing, spa trends, beauty, nutrition and diet. In addition to lectures and panels, there is also a fundraising ocean canoe race, private workshops at the island's largest health expo. For more information call ☎ 800-527-2582 or visit www.lifefestmaui.com.

MauiFEST Hawaii: A celebration of music, arts, culture and film held at the Hotel Hana-Maui. The outdoor festival is held all day with food booths and then movies at sunset, ☎ 808-248-8211, www.mauifest.net.

Aloha Festivals: This statewide celebration is a series of Hawaiian cultural events including appearances by the Maui Royal Court, community celebrations and arts and craft displays throughout Maui, Lana`i and Moloka`i. Highlights of the festival include the Falsetto Contest in Wailea, Banyan Tree Ho`olaule`a in Lahaina, Hawaiian Festival in Ka`anapali and a parade in Hana. For more information call ☎ 808-878-1888 or visit www.alohafestivals.com.

October

Maui County Fair: The fair begins with a parade down Ka`ahumanu Avenue and ends at the fairgrounds of the War Memorial complex. The fair includes rides, games, food booths and entertainment.

Halloween in Lahaina: Over 30,000 dressed-up and dressed-down revelers travel to Lahaina to participate in this hedonistic town-wide costume party considered to be the Mardi Gras of the Pacific. Front Street is closed to vehicles for this holiday celebration, which begins with a children's costume parade and ends with whatever-goes. Rooms in Lahaina need to be booked a year in advance and you want to stay in Lahaina because the police are in full force enforcing

under-age drinking and drinking and driving regulations. ☎ 808-667-9194, www.visitlahaina.com.

November

Hawaii International Film Festival: Films from around the Pacific are shown at various venues, with most of the showings held at the Maui Arts & Cultural Center in Kahului. Call ☎ 808-528-3456 or visit www.hiff.org for more information.

Hula O Na Keiki: This two-day hula competition for dancers age five to 18 is held at the Ka`anapali Beach Hotel. This is Maui's only children's solo hula competition and the weekend also features workshops on chant and hula, arts and crafts displays and live entertainment. For more information call ☎ 808-661-0011 or visit www.khbmaui.com.

December

Tree-lighting Ceremonies: A 25-foot-tall Christmas tree and dozens of pine and palm trees at the Kapalua Resort are illuminated at this event. ☎ 808-669-6200.

There's another tree-lighting ceremony in Lahaina as the landmark Banyan Tree is strewn with thousands of colored lights. There's a real Snow Zone, complete with a snowman, Hawaiian entertainment and a holiday arts and crafts show. ☎ 808-310-1117, www.visitlahaina.com.

Na Mele O Maui: This tribute to the culture of the Hawaiian people through song and art is held in Ka`anapali. Maui County students from kindergarten-12th grade sing traditional songs in the Hawaiian language in this competition which raises scholarship funds. ☎ 800-245-9229, www.kaanapali-resort.com.

Adventure Travel Sources

Boss Frog's (www.bossfrog.com) has four locations in West Maui and two in South Maui and is a great place to rent snorkel gear, golf clubs and surfboards. Look for two-for-one rental coupons in *This Week* magazine. **Snorkel Bob's** (www.snorkelbob.com) has two outlets in Kihei and two in West Maui. Both offer snorkel, mask and fin sets and you can choose from a budget set, intermediate or luxury set (around $9, $20 and $30 respectively). **Maui Dive Shop**

(www.mauidiveshop.com) has eight locations throughout the island. In Kihei, ☎ 808-879-3388, or in Lahaina, ☎ 808-661-5117.

Eco-Adventures

Latitudes and Attitudes Adventures, ☎ 808-661-7720, www.ecomaui.com, can customize an adventure just for your skill level and interests. You can heli-land at 7,000 feet and then hike five miles along Sliding Sands Trail or bike to Hana one day, then Kaupo Gap another, then spend two days hiking through the crater and to the summit. The opportunities are endless.

Maui Troopahz, ☎ 808-572-5010, www.mauitroopahz.com, offers a four-hour, half-day, eight-hour, full-day or a 10-hour extreme adventure, as well as custom group packages.

Central Maui

■ At A Glance

Central Maui is frequently called the isthmus, a narrow bridge of land between the two volcanoes that created the island. Once covered by water, the isthmus was created by lava flows from Haleakala and then strengthened by surface soils washed down from the West Maui Mountains. As you drive around in Central Maui you'll see acres and acres of sugar cane, which flourishes in the dry, arid climate and is Maui's top agricultural crop.

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In this chapter I have included Kahului, Wailuku and Pa`ia.

Kahului is Maui's commercial hub, where locals come to do their shopping. Most of the larger malls are here as well as movie theaters, an impressive cultural center, and many businesses. Close by is non-touristy Wailuku, a historic town, which is the county seat and the gateway to the famous `Iao Valley and `Iao Needle. East of Kahului is Pa`ia, a funky town with an eclectic collection of shops and restaurants.

■ Kahului

Orientation

After you leave the airport you'll see a stoplight. If you veer left onto Dairy Road you're headed toward Lahaina, Ka`anapali, Kihei, Wailea and Makena. If you head right on Haleakala Highway, you're traveling toward Wailuku and Kahului.

TALK OF THE TOWN

Hawaii's only **Krispy Kreme**, ☎ 808-893-0883, is in a prime location at the airport exit on the corner of Dairy Road and Haleakala Highway. You can't miss it. The store, with its 16 versions of secret-recipe doughnuts and trademark flashing "Hot Doughnuts

Now" sign, opened in January 2004 to much hoopla and has been the talk of the islands. It is rare for a national brand to start its operations in Maui rather than the busier Oahu area, although neighbor island outlets are in the planning. Until then you'll see neighbor islanders carrying dozens of Krispy Kremes to their friends and family members at home on almost every interisland flight leaving Maui.

Internet Access

For Internet access, your best bet is the cyberstation inside **Maui Island Breeze Café**, ☎ 808-871-0875, in the Maui Mall. This user-friendly set-up lets you insert bills ($1, $5, $10 or $20) or a credit card so you can pay as you go. A minimum of $5 (25 minutes) must be charged on a credit card. The café also has pastries, bagels, hotdogs, soup and salad, as well as a huge selection of candy bins from which you can pick and choose, then weigh your sweets and pay.

Shopping

You should definitely stop in Kahului if you're staying in a condominium or vacation rental as you'll get the best deals on the essentials – coffee, milk, snacks – and can pick up anything you may have forgotten, such as sunscreen, beach towels or toiletries. Even if you're staying in a resort or hotel, Kahului has a Borders where you can pick up an easy beach read or a book on the history of, say, hula or Hawaiian music.

Stocking Up on the Basics

On Dairy Road, you'll pass a series of shopping centers and large well-known stores like Big Kmart, Wal-Mart and Costco. If you're a member, Costco has surfboards, boogie boards and snorkel sets (junior or adult) with fins, mask, snorkel and a carryall bag. They even have fresh tropical flower arrangements, including exotic proteas from Upcountry Maui and orchid or kukui nut leis. If you're hungry, grab a quick meal – hotdogs for $1.50 and pizza slices for $1.99.

Swap Meet

The **Kahului Swap** on Pu`unene Ave. across from the post office, ☎ 808-877-3100, is held from 7 am to noon every Saturday. Admission is just 50¢ and you can find some treasures amidst lots of junk as you pass by more than 200 vendors displaying their goods. It is a great place, though, to pick up fresh fruits and vegetables, tropical flowers, orchids and posters or pictures of Old Hawaii. Although it's shaded by giant ironwood trees, you should bring water if the weather is hot and an umbrella if it looks like rain is in the forecast.

Adventure Gear

On the right hand side of the road is **Hawaiian Island Surf & Sport**, ☎ 808-871-4981, www.hawaiianisland.com, which has been providing residents and visitors with all of their watersports needs since 1983. They sell and rent surfboards, boogie boards, surf accessories and windsurfing and kiteboarding equipment. They also can arrange individual or group lessons. Look on their website for 20%-discount coupons.

Shops Toward Kahului & Wailuku

The corner of Hana Highway and Dairy Road has several low-key shopping centers. **Hawaiian House** is a few doors down from easy-to-see Marco's Grill and Bar and has well-crafted Hawaiian furniture and furnishings as well as some smaller gift ideas like tropical-scented candles.

Down the street is **Alive & Well**, 340 Hana Highway, ☎ 808-877-4950, www.aliveandwellinmaui.com, an impressive health food emporium situated in a not-so-great location – one of the small malls off the Hana Highway near the airport. It's easy to see from the highway, and, unfortunately, easy to miss on the one-way thoroughfare. You just need to turn around at the next left and backtrack. They also have an organic deli and juice bar with smoothies, sandwiches and a salad bar. The **Alive & Beautiful Day Spa** is inside the shop and offers massages, facials, body wraps and waxing.

> **Author's Note:** The Hana Highway turns into Highway 32 in Kahului and Highway 32 is also called Ka`ahumanu Avenue. Confusing? You bet!

As you keep going down Highway 32 (Ka`ahumanu Avenue), the first mall you'll see is the **Maui Mall**, www.mauimall.com, which has its Aloha Craft Fair every Friday from 10 am to 4 pm. **Longs Drugs** and the **Star Market** grocery store are the anchor stores at this center, which also has some fun shops and a nice courtyard area. This quiet mall is especially great for kids; they have a **Fun Factory**, a couple of just-for-kids stores and a **Paper Airplane Museum**, ☎ 808-877-8916, which houses 2,000 paper airplanes and documents Hawaii's aviation history through old photos and newspaper articles. The museum also has a peculiar display of the many different shapes you can make out of a dollar bill. Maui Mall is home to a Wallace cinema megaplex and several restaurants, including **Kahului Ale House**, **Dragon Dragon**, **Siu's Chinese Kitchen** and **Thailand Cuisine II**. One of the stand-out stores in the Maui Mall is **Maui Creations**, ☎ 808-873-7955, which has an interesting assortment of Maui-made items like hula skirts, gourds used in hula, fishhook necklaces and wooden made-for-fun signs saying things in pidgin like "we went holoholo" or "braddahs room."

> **Note:** Until recently, the legendary local grocery store Ah Fooks was in the Kahului Shopping Center but it was destroyed by a fire in February of 2005.

Down the road is the **Queen Ka`ahumanu Center** on the right at the corner of Beach Road. You can't miss the huge, soaring white sail roof that covers the main entrance. This mall has all the basics – **Starbucks**, **Jamba Juice**, **The Gap**, **Footlocker**, **Macy's**, **Sears** – plus some specialty shops like **Serendipity** and **Cinnamon Girl**. The six-screen **Kaahumanu Theatres** are upstairs next to the Queen's Market Food Court, which includes popular local eateries like **Maui Tacos**, ☎ 808-871-7726, and **Maui's Mixed Plate**. The Queen Ka`ahumanu Center features a free hula show with

the dancers from the Old Lahaina Lu`au every Saturday at 11:30 am. A **farmers' market** is usually held inside the mall every Tuesday and Friday from 7 am to 4 pm. You can pick up a schedule of events and a map to the shops in the information booth at the center's entrance.

A statue of Queen Ka`ahumanu is in the center court of the bottom floor, often with her hands full of leis. The plants and flowers surrounding the statue are all native to Hawaii and include kupukupu (Hawaiian sword fern), koki`o ke`oke`o (white hibiscus) and `ilima papa (golden `ilima).

Retail stores at the Queen Ka`ahumanu Center are open 9:30 am to 9 pm, Monday through Saturday, and 10 am to 5 pm on Sundays. Food court hours are from 11 am to 9 pm, Monday through Saturday, and 11 am to 6 pm on Sunday.

Shops Toward Lahaina, Kihei & Wailea

As you first head down Dairy Road, you'll see a Shell station on the left. If you're going to Hana, this is where you want to buy your informative CD or cassette driving guide for the crazy Road to Hana. And when your trip is done and you're going back to the airport, check out neighboring Mr. Pineapple (look for the yellow van) for last-minute gifts or to ship some delicious Maui pineapples or papayas home. **Mr. Pineapple**, ☎ 808-871-6798, www.mrpineapple.com, also has cookies, coffee, macadamia nuts, leis and Maui-made soaps and lotions.

Across the street in the Dairy Centre is **Summer House Boutique**, 395 Dairy Road, ☎ 808-871-1320, which has contemporary women's clothing and accessories. Geared to mature tastes, Summer House has dresses, skirts, tops, lingerie and jewelry. A little farther down Dairy Road is the **Maui Tropix Surf Company**, ☎ 808-579-9429, on the right. This shop caters to the younger set of tweens, teens and twenty-somethings (expect small sizes and barely-there attire for girls, plus casual surf wear for guys).

Borders Books and Music and **Old Navy** are in the **Maui Marketplace**, ☎ 808-873-0400, on Dairy Road. The **Hawaii Liquor Superstore** next to Old Navy is a great place to stock up on beer, wine and mai tai ingredients. There's also a **Pier 1** imports, **Starbucks**, **Burger King**, **Jamba Juice** and a food court called the Kau Kau Corner, with a **Bale**, ☎ 808-877-2400, French and Vietnamese cuisine franchise and the local favorite, **L & L Drive Inn/Chopsticks Express**, ☎ 808-873-0323. And if you forgot your shades, there's a tiny **Sunglass Hut** outlet.

Sightseeing

Kanaha Pond State Wildlife Sanctuary

Once a royal fish pond, the Kanaha Pond State Wildlife Sanctuary (☎ 808-873-3983) is now an important site that many endangered species call home. It can be accessed off Amala Road, which fronts the ocean near Kahului Harbor. The pond is along the migratory path of many ducks and geese and is home to the Hawaiian coot and the endangered Hawaiian stilt. An average of 200 stilts make the two-foot-deep pond their permanent residence. The sanctuary was declared a Registered National Historic Landmark in 1971.

Sesuvium portulacastrum plants at Kanaha Pond

You can see the pond as you leave the airport, but getting to the boardwalk can be a little tricky. Stay on Keolani Place as you exit Kahului Airport and as you drive by the pond you'll see a small parking lot fronting the boardwalk leading to a covered viewing station.

> **Magical Maui:** The area today called Kanaha Pond is known in Hawaiian history as the twin fish ponds of Kapuoho in honor of King

Kapiiohookalani, who started building the ponds over 200 years ago. The twin ponds were dedicated by King Kamehameha the Great and named Kanaha and Mauoni after the son and daughter of Kapiihookalani. The construction of these fish ponds was quite an undertaking. A long line of workmen passed the stones used for the walls by hand from the neighboring town of Wailuku.

Alexander & Baldwin Sugar Museum

At the corner of Pu`unene Avenue and Hansen Road, the sugar mill and neighboring museum aren't hard to find – just look for the towering smokestacks. The museum, in a former plantation superintendent's home, shows visitors how the sugar industry prospered after whaling declined on Maui and emphasizes the impact the sugar industry has had on the island. There are six rooms of artifacts, some of which date back to the 1800s, interactive displays and an audiovisual presentation. The museum is interesting for both children and adults. Admission is $5 for adults, $2 for children ages six to 17; children five and under enter free. When you leave, don't forget to grab your free sample of yummy Maui brown sugar. 3957 Hansen Road, ☎ 808-871-8058, www.sugarmuseum.com. Open from 9:30 am to 4:30 pm, Monday through Saturday and on Sundays during the high tourist season.

Did You Know? Sugar cane takes two years to mature and one acre of cane produces 12 tons of raw sugar. That crop is later turned into 22,465 lbs of refined sugar. When the sugar fields are burned after the harvest, ashes often fall like black snowflakes and can blanket just about any area of the island, depending on the winds. This is affectionately known as "Maui Snow."

Kahului Harbor

This is Maui's main commercial harbor and is where all supplies are shipped in and exports sent out. You'll frequently see a cruise ship parked in the harbor and on the western end local fishermen try their luck at catching something for dinner. There are no tourist boats or sailing companies operating out of Kahului Harbor – those are saved for Lahaina and Ma`alaea.

Maui Arts & Cultural Center

If you see or hear of something happening "at the MACC," they're referring to this state-of-the-art (at least, for Hawaii) facility that at times doubles as a gathering place for old friends from all corners of the island.

To get to the center, take Highway 36 (Ka`ahumanu Avenue) from the airport and turn right on Kahului Beach Road. A left on Wahinepi`o St takes you to the cultural center sandwiched between Maui Community College and Keopulolani Park. Call the box office at ☎ 808-242-7469 or visit www.mauiarts.org to see the calendar of events. In the lobby of the center or at many Maui information stands, you can also pick up a free copy of *Centerpiece*, the center's bi-quarterly magazine that highlights coming attractions.

Recent events include Hawaiian, jazz and rhythm & blues concerts, as well as locally made documentary films and shows by local comedians. This is the spot where world-famous musicians come to play on Maui, most recently Kenny Loggins, Air Supply, Kris Kristofferson, UB40 and The Who. A free tour of the $32 million facility is offered every Wednesday at 11 am (reservations required, ☎ 808-242-2787, ext. 228).

The center is home to the Maui Film Festival's **Candlelight Café & Cinema** that presents not-so-mainstream films every Wednesday at 5 and 7:30 pm. The huge theater is an

enjoyable spot to watch a movie, with my only disappointment being that they don't serve popcorn or snacks. I had to console myself afterwards with wine and a nice dinner outside at the theater's **Candlelight Café**, which serves a variety of dishes and desserts between the two showings. ☎ 808-572-3456, www.mauifilmfestival.com.

Once you pass the cultural center you'll see **Keopulolani Park**, a great place to have a picnic or go for a walk. This sprawling and well-maintained park has a baseball field, paved walking path and barbecue pits. From 2 to 4 pm bicyclists, skateboarders and rollerbladers have priority on the walking path.

Kanaha Beach Park

This beach park is next to the airport (translation: noisy) and is a prime windsurfing and kiteboarding spot. The right-hand side of this long beach is reserved for windsurfers, while the left is unofficially called "Kite Beach" and is used by kiteboarders. This relatively new sport involves holding on to a large "kite" with your arms while your feet are tucked into straps on a kiteboard. To get to Kanaha Beach, take the route through the airport as if you were returning a rental car but instead of turning into the rental car parking lots, keep going straight and you'll hit Amala Street. The beach is parallel to Amala Street.

Adventures in the Air

Helicopter Tours

I highly recommend taking a helicopter tour of Maui. Much of the island can be seen only from the air and its craggy edges, innumerable waterfalls and never-inhabited mountains and valleys are unforgettable. Going over the Hana, I saw so many waterfalls that it looked like hundreds of faucets of all different shapes and lengths had been installed into the moun-

tains. All Maui helicopter tours originate at the heliport a couple of miles from the airport. You'll see the signs directing you toward the right as you enter the airport. It's a couple of miles after that and not hard to find as every turn is marked. Don't forget to bring small bills as there is a fee for parking. Each helicopter company has several tour options. The shorter tours go over the West Maui Mountains, including the famous "Wall of Tears," or fly to Hana and Haleakala. Deluxe tours where you actually land on the ground for a picnic or champagne. There are also tours to Moloka`i where you can soar above some of the world's tallest sea cliffs. Shorter rides (30 minutes) average $125, medium-length rides (45 minutes) are $175 and longer rides (60 minutes) are about $230.

> **Caution:** You shouldn't scuba dive 24 hours prior to your helicopter ride, so plan your adventures accordingly.

Blue Hawaiian, ☎ 800-745-2583 or 808-871-8844, www.bluehawaiian.com, has the quiet GPS-installed Eco-star helicopters with three video cameras for home movies of your trip. The pilot switches back and forth from camera to camera to create a DVD of your individual trip that can be purchased later. Unfortunately, ours didn't work for the first half of the trip so Blue Hawaiian gave us what they had for free. The Eco-star has room for six passengers and it is comparable to first class, while other helicopters are more like coach. The tours on the Eco-star are more expensive but Blue Hawaiian also has less expensive tours on their Astar fleet of helicopters.

> **Author's tip:** Wear dark clothing on the ride to avoid a glare in the windows that will transfer to your photos. Also, most helicopter seating is pre-assigned and determined by body weight so don't be a baby if you don't get a window seat. The helicopters are pretty much all windows and everyone gets a great view.

One of my favorite tours is the Maui Spectacular on Blue Hawaiian. During the 1½-hour tour, we went over the West

Maui Mountains, through central Maui and along the south shore before stopping in an Upcountry pasture, where we stopped to uncork and enjoy a bottle of sparkling wine from Maui's own Tedeschi Winery. We then went up to Haleakala Crater and along the eastern side of the island and over Hana up to the north shore. The ride is quiet (it should be as the headsets cost $1,000 each!) with soothing music such as Enya and popular Hawaiian hits, as well as an informative narrative from the pilot.

COMBO ADVENTURES

Some helicopter companies partner with other companies to offer unique tours of Maui. The Sky Trek tour with **Blue Hawaiian** is a 36-minute flight to Hana where you then catch up with **Temptation Tours** for a limo-van guided tour along the road to Hana and a picnic. The whole tour lasts about six hours, including the flight, and costs $280 on the newer Eco-Star or $259 on the Astar helicopter. **Sunshine Helicopters** has a helicopter-submarine adventure where you take a 30- , 45- or 60-minute helicopter ride and then jump on a high-tech **Atlantis submarine** for a 110-minute tour underwater to depths of 125 feet.

Air Maui, ☎ 808-877-7005, www.airmaui.com, offers Internet booking discounts. The staff is friendly, enthusiastic and helpful. I took their tour over the West Maui Mountains and Moloka`i. The ride was smooth, although the sound system wasn't as clear as on other rides. Our pilot, however, was funny and interesting. Air Maui also takes videos (one of the cameras is right of front of the middle person in the forward seat so don't do anything embarrassing!) and then sells the DVDs and videos after the ride.

Money saver: Some helicopter companies offer discounts if you book online. With these rates, even a 10% discount can make a difference in your wallet.

Sunshine Helicopters, ☎ 808-871-0722, www.sunshine-helicopters.com, sales@sunshinehelicopters.com, provides tours on their "Black Beauties" (either an Astar six-passenger or the WhisperStar seven-passenger helicopter) with a five-camera video system. Sunshine offers first-class seating on its WhisperStar helicopter, where they replace the three-seat front section with two seats, allowing for more arm and leg room and better viewing.

Mauiscape Helicopters, ☎ 808-877-7272, www.mauiscape.net, info@mauiscape.net, uses two different kinds of helicopters on their tours – the American Eurocopter or the less expensive Robinson R-44 Raven.

> **Author's tip:** It's hard to recommend whether to take a morning or afternoon helicopter tour as tropical weather can change in a second. Mornings are generally considered to be clearer, but it's basically a crapshoot. I went at 2:30 in the afternoon and the views of Haleakala were practically devoid of clouds. The pilot, however, said that this was the first tour of the day that had any opportunity to see the crater as all of the earlier ones had encountered heavy cloud cover.

Adventures on Foot

Golf

The Dunes at Maui Lani (locally called "The Dunes") is a 6,841-yard, par-72 course designed by Robin Nelson and resembling an Irish linksland design. Just a few miles from Kahului, the Dunes, ☎ 808-873-0422, www.dunesatmauilani.com, is a challenge for professionals as well as novices, with huge elevation changes, sand dunes, two ponds, a kiawe tree forest and breathtaking views of both West Maui and Haleakala. To get there, take Dairy Road from the airport until it changes to the Kuihelani Highway (Highway 380) past Pu`unene Avenue. The golf course is 1.4 miles on the right – look for the six green flags. The Dunes is less expensive than the exclusive courses

you'll find in Wailea, Ka`anapali and Kapalua and is considered one of Maui's best-kept secrets.

Adventures on Water

Kiteboarding

One of the newest extreme sports to pop up, kiteboarding involves holding on to a large "kite" with your arms while your feet are tucked into straps on the kiteboard. The activity is dependent on the wind, which pulls the kiteboarder up over the waves and propels them up to 25 feet in the air. It's a bit like windsurfing meets hang gliding for adrenaline junkies. Windsurfers and kiteboarders don't like to share the same waters so kiteboarding is done only in certain spots. **Kite Beach** is on the west end of Kanaha Beach, right next to the airport.

If you want help learning this difficult yet rewarding sport (a friend compared it to the tricky skill of patting your head while rubbing your stomach, but 100 times more difficult), contact **Kiteboarding School of Maui** at ☎ 808-873-0015, www.ksmaui.com. The school offers beginner, intermediate and advanced one-on-one lessons. **Aqua Sports**, ☎ 808-242-8015, www.mauikiteboardinglessons.com, also offers beginner kiteboard lessons at Kite Beach.

Hawaiian Island Surf & Sport, 415 Dairy Road ☎ 800-231-6958 or 808-871-4981, www.hawaiianisland.com, has kiteboarding equipment for sale or rent and can also provide information about lessons. They are associated with **Action Sports Maui**, ☎ 808-871-5857, www.actionsportsmaui.com, which offers an introduction to kiteboarding, a three-hour beginning class, a three-day intermediate class and a five-day advanced class.

Windsurfing

Maui is a premiere windsurfing destination and a great place for beginners to learn this exciting sport. **Kanaha Beach** by the airport is a popular windsurfing spot and every winsdsurfer knows about world-famous **Ho`okipa Beach** on the north shore past Pa`ia.

Hawaiian Island Surf and Sport, 415 Dairy Road, ☎ 800-231-6958 or 808-871-4981, www.hawaiianisland.com, provides windsurfing equipment rentals from their Kahului shop. You can rent the equipment for one day or one month, with discounts for longer rentals. They also offer lessons for groups and beginners.

Where to Eat

Marco's Grill & Deli, 444 Hana Highway, ☎ 808-877-4446. Open daily from 7:30 am to 10 pm with breakfast from 7:30 to noon and 7:30 to 1 pm on Saturdays and Sundays. Pupus, sandwiches and pastas are served from 10 am to 10 pm. You can't miss Marco's neon sign as you leave the airport. This centrally located diner has great Italian food, big portions and friendly service. It's a terrific place to stop for an espresso while you read the paper or a glass of wine after shopping in Kahului. The restaurant is clean and the layout is efficient, although the upright cushion-backed chairs are uncomfortable. Breakfast includes omelets, eggs Benedict and several varieties of pancakes, including chocolate chip and blueberry. For lunch or dinner, have a hearty traditional Caesar salad, a deli sandwich or a traditional Italian hot sub like the meatball parmigiana or Italian sausage. Pastas include vodka rigatoni, linguini with homemade meatballs or homemade ravioli. There's also a seafood pasta with crabmeat ono, shrimp, scallops and clams or shrimp scampi over linguini. Marco's serves pizzas with toppings like clams and garlic, meatballs or Italian sausage. Save room for the homemade tiramisu or spumoni. Marco's has a branch in Kihei if you' re headed south in your travels. Breakfast $; lunch and dinner $$

RESTAURANT PRICE CHART

Cost of an appetizer, entrée & dessert, not including drinks.

$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Wake Up: Need a cup of joe after a long flight? **Maui Coffee Roasters Café & Latte Bar**, 444 Hana Highway, ☎ 808-877-2877, www.hawaiiancoffee.com, has some of Maui's

best coffee. It is grown on the slopes of Haleakala and they've been at this business since 1972. Grab a cup to go as you drive to your destination and a bag for the rest of your trip.

Las Piñatas, 395 Dairy Road, ☎ 808-877-8707, is famous for its oversized "kitchen sink" burritos, which come with your choice of chicken, beef, fish, pork or veggies. And they're good for your conscience – a portion of the kitchen sink proceeds benefits the Maui Humane Society. Piñatas also has the usual tacos, tostadas, nachos, enchiladas, Mexican salads and daily specials. They serve beer and wine and have a children's menu. $

Wow Wee Maui's Café, 333 Dairy Road, ☎ 808-871-1414, www.mauiwowwee.com. Open daily from 6 am to 6 pm. Owner Michael Capuano is quite the entrepreneur. He started his business with a chocolate-covered dried banana and has now expanded into an all-encompassing café, with an oxygen bar, where you can recline in a chair for 20 minutes and inhale flavored (think apple, orange and jasmine) oxygen to get re-energized, and a kava outlet. If you want a unique souvenir, grab a bag of 100% Maui air for $2.50. Wow Wee has a huge selection of freshly made bagels for breakfast, including taro and macadamia nut, along with an eye-opening selection of coffee and espresso drinks. The lunch menu is wide-ranging, with soups, sandwiches, salads, bagel pizza melts, deli sandwiches, hot dogs and specialties like a crab cake sandwich and tofu-burger steak sandwich. Nothing is over $8. $

Artie's Mexican Café, 333 Dairy Road, ☎ 808-871-4111. This small restaurant is hidden in a shopping center and about as basic as you can get. The food is pretty good, with traditional Mexican fare like tacos, enchiladas and burritos. The taco salad is good and comes with a plate full of sides, including jalapeños, onions and a variety of sauces. There are a few inside tables and more outside on the sidewalk. If you're lucky, Artie will bring you a sample of his homemade Mexican punch. $

The newly opened branch of the vegetarian/Vietnamese restaurant **Fresh Mint**, ☎ 808-873-6468, is on Diary Road on the other side of the street from the Maui Marketplace. The air-conditioned restaurant has the same menu (plus some items) as their Pa`ia counterpart. Appetizers include summer rolls, deep-fried tofu imperial rolls, autumn rolls and a veggie kabob. Try the green papaya salad with carrots, tofu and fresh mint. Entrées are served with jasmine rice or brown rice and include tofu stuffed with Kula onions, celery, mushroom and carrots, a soy chicken with sesame seeds, a curry lemongrass tofu and noodle dishes. You can also create your own Vietnamese burrito wrapped in rice paper and dipped in a special citrus sauce. Fresh orchids on the table are a nice addition. Fresh Mint is open for lunch and dinner from 11 am to 9 pm. $

Mañana Garage, 33 Lono Avenue, ☎ 808-873-0220, www.mananagarage.com, is open for lunch 11 am to 2:30, Monday through Friday, with dinner served nightly from 5 to 9 pm. They have a light night menu served until 10:30 pm, Wednesday through Saturday. Mañana Garage is a success story – How to turn a horrible location into a trendy and fantastic "Nuevo Latino" restaurant and place-to-be-seen in Maui. With Manager Alan Ireland (formerly of New York's famed "21" Club) and co-executive Chefs Scott Idemoto and Edwin Santos (both from Hali`imaile General Store) at the helm, how could they lose? Open since October of 2001, Mañana Garage has got a metro-industrial feel, with lots of metal, gas pump handles for door knobs and a shattered safety glass bar top. Keep an eye open for their fantastic specials during the slow times of the year, such as half-off dinner entrées all night long on certain nights. You can usually see their advertising from Ka`ahumanu Avenue when you near Lono Avenue. Take advantage of the fast and affordable $15 lunches designed for the business crowd. They include such delicious items as guava-glazed barbecue ribs or a fresh fish chimichanga, all served with chips and salsa, salad and coffee or tea. At dinnertime they serve exotic items like citrus-jalapeño glazed salmon and adobo pulled pork with a Latin dip. Don't forget their famous margaritas or one of the fine wines from their well-considered list. It seems a little

silly, but you can order a half-glass of wine (example, a full glass of Sonoma Cutrer Chardonnay costs $9 while a half-glass is $6). Lunch $; dinner $$

Brigit & Bernard's Gardencafé, 335 Ho`ohana Street, ☎ 808-877-6000, is open from 10:30 am to 3 pm, Monday through Friday for lunch and 5 to 9 pm, Wednesday through Saturday for dinner. This garden restaurant is a like a European café with a tropical flare. Although they have German food, such as schnitzelburger, try the seafood and fresh fish entrées. Lunch $; dinner $$

Da Kitchen, 425 Koloa Street, ☎ 808-871-7782. Very casual, very local restaurant with huge portions of Hawaiian favorites like plate lunches and chicken katsu. $

Cary & Eddie's Hideaway, 500 North Pu`unene Avenue, ☎ 808-873-6555. On the water, Cary & Eddie's Hideaway was recently thoroughly renovated. The menu is mainland friendly with steaks and seafood as well as a pupu menu. They also have a salad bar and a Hawaiian buffet. The Hideaway is open for lunch and dinner 11 am to closing Tuesday through Saturday and brunch and dinner 8 am to closing on Sundays. Closed Mondays. $$

Rainbow Dining Room (inside the Maui Beach Hotel), 170 Ka`ahumanu Avenue, ☎ 808-877-0051, is a buffet-style restaurant serving different cuisines each night of the week, such as King Crab Lover's buffet on Thursdays and a Seafood Lover's buffet on Friday and Saturday. $$

Kau Kau Corner of the Maui Marketplace

Aloha Grill, ☎ 808-893-0263. Open 8 am to 9 pm Monday through Saturday and 8 am to 7pm Sunday. The walls of this 50s-inspired diner are decorated with movie set photos (lots of Elvis!) and paper plates inscribed with kudos to the restaurant. This small site has a large menu, with burgers, sandwiches, hot dogs, salads and baked potatoes. For something different, try an all-natural taroburger made with veggies, herbs and spices. All burgers are served with a side of be-bop sauce, which is ketchup, mayo, mustard and relish all mixed together. After lunch try the "Bone Jar Shake," with chocolate and peanut butter. $

Fernando's, ☎ 808-873-7759. Open for breakfast, lunch and dinner. Breakfast is on the heavy side, with huevos rancheros, steak and eggs, chorizo and eggs and a breakfast burrito. Lunch and dinner include basic Mexican fare like tacos, enchiladas, nachos, burritos, fajitas and carnitas. Prices are reasonable and portions are large. Buy a combination plate or order à la carte. If you like the food and are headed south, you'll be happy to know there's another branch of Fernando's in Kihei in the Lipoa Center on E. Lipoa Street. $

Queen Ka`ahumanu Center

Maui's premiere mall is home to several casual eateries, including **Koho Grill & Bar**, ☎ 808-877-5588. Breakfast served daily 7 to 11 am, lunch 11 am to 5 pm, dinner 5 pm to midnight. This casual eatery has a huge menu with respectable prices and down-to-earth ambiance. The dining room is spacious and there's a small cocktail area on one side. For breakfast, Koho has omelets, breakfast tacos, steak & eggs and several egg platters. Lunch consists of burgers, sandwiches, salads, plate lunches and fajitas. Dinner entrées include stir fries, island fish dinners, pastas, ribs and steaks. Breakfast and lunch $; dinner $$

Also on the bottom floor is **Ruby's Diner**, ☎ 808-248-7829. Open from 7 am to 9:30 pm Monday through Friday and 7 am to 11 pm on Saturday and Sunday. Ruby's is a 40s-themed chain restaurant that serves breakfast, lunch, dinner and lots of desserts. There's a little bit of everything here, including a huge selection of burgers, salads and sandwiches, as well as Ruby's specials like chicken or fish tacos, fish and chips or turkey pot pie. Ruby's is a great place to grab a quick bite while shopping or a convenient stop to feed your family. $

The Queen's Market Food Court is upstairs and includes popular local eateries like **Maui Tacos**, ☎ 808-871-7726 and **Maui's Mixed Plate**. Upstairs next to the food court is **Sushi Go!**, ☎ 808-877-8744, www.sushigo.com, where you grab sushi and sashimi off floating trays that go down a special conveyor belt across the sushi bar. It's fun and functional. They also have beer, wine and sake, with a helpful five star rating system to help you decide which beverages comple-

ment which foods. Every Wednesday from 4 to 8 pm all-you-can-eat-sushi is offered for $22.99.

Maui Mall

Dragon Dragon, ☎ 808-893-1628. Open for lunch 10:30 am to 2 pm Monday through Friday, 10:30 am to 2:30 pm Saturday and Sunday. Dinner served 5 to 9 pm Sunday through Thursday and 5 to 9:30 pm Friday and Saturday. A better-than-usual Chinese restaurant, Dragon Dragon has a loyal following, especially at lunch. In additional to traditional Chinese recipes using chicken, pork, prawns and beef, they also have seafood, including live lobster, live crab and abalone. Dragon Dragon has dim sum that is served only at lunch. The restaurant is impeccably clean and service is friendly and efficient. $-$$

Thailand Cuisine, ☎ 808-873-0225. Serves lunch daily from 10:30 am to 3:30 pm and dinner from 5 to 9:30 pm Sunday through Thursday and 5 to 10 pm Friday and Saturday. Choose from nearly a hundred Thai entrées at this traditional eatery. $

Where to Stay

The two hotels in Kahului are nothing fancy, but they are just minutes from the airport, shopping centers and the Maui Arts & Cultural Center.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Maui Seaside Hotel, 100 West Ka`ahumanu Avenue, ☎ 800-560-5552 or 808-877-3311, www.mauiseasidehotel.com. This 200-room low-rise hotel is near the ocean and across from Queen Ka`ahumanu Center. It has an exercise room, a swimming pool and a restaurant. All rooms have a TV, refrigerator and air-conditioning. $$

Maui Beach Hotel, ☎ 888-649-3222 or 808-877-0051, www.castleresorts.com. A 2003 facelift updated the look of this 142-room hotel operated by Castle Resorts. Each room has a refrigerator, TV, lanai and air-conditioning. The prop-

erty includes a small swimming pool and is next to Kahului Harbor. They offer a free shuttle service to the airport, which is two miles away. $$

Camping

Kanaha Beach Park, next to the airport, is one of the few places on Maui where camping is allowed (most of the others are in Haleakala National Park). There are 17 tent sites (seven on the beach and 10 more inland) at this popular windsurfing beach. Facilities include barbecue grills, portable toilets, showers and picnic tables. You must obtain a permit and camping is allowed for up to three consecutive nights. The fee for adults is $3 per night, or 50¢ a night for children. For information or reservations, contact Maui County Parks and Recreation Department, 1580-C Ka`ahumanu Avenue, Wailuku, HI 96793, ☎ 808-243-7389, www.co.maui.hi.us.

■ Wailuku

Orientation

Downtown Wailuku is in the midst of a renovation – several old shops and restaurants are gone (notably Paperbacks Plus and Stephanie's Restaurant) and many new shops and centers are being built. This is the un-touristy part of Maui – it's the government center, the county seat and is a very busy town from Monday to Friday. But it is also home to many great restaurants, including A Saigon Café, Who's the Boss and Café Marc Aurel. It's definitely worth the drive from wherever you are staying to visit one of these establishments.

> **Fun Fact:** When you drive to Wailuku from Kahului along Ka`ahumanu (which turns into Main Street), you'll go over Maui's only overpass.

New and inspiring shopping centers have popped up, including the Main Street Promenade and the Dragon Arts Center across the street. Cruise up and down the one-way streets and check out the unique shops and restaurants.

PARKING IN WAILUKU

If you can't find a spot along any of the small side streets off Main Street, go for the large municipal lot on Vineyard Street between N. Church and N. Market Streets. If you plan on shopping or browsing for more than two hours, park in one of the 12-hour stalls in the middle of the lot. At press time, 43 additional parking stalls were being built on Vineyard Street just below Maui Sporting Goods to keep up with the city's resurgence.

History

Tip: The **Maui Historical Society**, ☎ 808-244-3326, www.mauimuseum.org, is at 2375-A Main Street (in the back of the Bailey House museum). The society provides brochures on the history of Wailuku and a walking map of the historical district.

The Wailuku area played a significant role in Hawaiian history and is the birthplace of the island's lucrative sugar industry. The area was home to some of Maui' s most famous rulers and is also the site of the 1790 battle of Kepaniwai in which Kamehameha, left, first gained control of the island. High-ranking *ali`i*, or chiefs, chose the area as their headquarters due to the abundant food supply – especially fish – from the four streams of Waihe`e, Waiehu, Wailuku and Waikapu.

The great Maui chief Kahekili, who ruled the island from 1736 to 1795, held court at what is now Wailuku, the entrance to `Iao Valley.

In the 1800s Wailuku was settled first by Christian missionaries and then sugar planters; then immigrant workers from China, Japan, Korea, the Philippines and Europe moved into the area to labor in the cane fields. They brought with them new religious beliefs, hitherto unknown skills and imple-

ments and new agricultural methods. Before long, Wailuku was playing an integral role in Maui's prospering sugar industry. The missionary Edward Bailey founded the Wailuku Sugar Company in the 1860s and the area was soon populated with his and other sugar plantations busily growing and milling cane. Ditches were dug that imported water from the wet side of the island to central Maui.

In 1905 Wailuku became the seat of county government (a title it still holds) and public buildings and exclusive private residences popped up along High Street. During that time High Street in Wailuku became one of Wailuku's most prestigious residential and commercial neighborhoods. High Street was home to Charles Dexter Lufkin, who established Maui's first bank, First National Bank of Wailuku, in 1901. Mr. Lufkin later opened branches in Lahaina and Pa`ia. Wailuku continued to be a booming commercial area until the 1960s. City and county planners are now turning Wailuku back into the commercial and cultural hub it used to be.

Shopping

The town's grocery store is called **Ooka**, ☎ 808-244-3931. Open Monday through Saturday from 6:30 am to 9 pm and Sunday 6:30 am to 7 pm, it can be easy to miss. The address is 1870 Main Street, but you have to turn left on Central Avenue and then take the first right to get there.

Market Street

Considered Maui's "Antique Row," Market Street is an obvious destination for antique lovers, collectors and just plain old browsers. It's a mixture of pawn shops and antique stores with a couple of restaurants and cafés thrown in. There are also many shops and boutiques with clothing, souvenirs, gifts, books, art, music and jewelry. It's fun to browse up and down the street checking out the top-of-the-line antique furniture from around the world or the seems-like-junk-to-me items in some of the other shops. Don't miss **Gottling Ltd.**, **Old Daze**, and **Bird of Paradise**.

Other shops feature contemporary items in this historic town. **Lizzie K**, 40 North Market Street, ☎ 808-243-0005, has a quirky collection of gift items, including candles, lotions, jewelry, cards and accessories.

Sig Zane Designs, 53 North Market Street, ☎ 808-249-8997, has unique Hawaiian print designs made into easy-to-wear clothing for men, women, boys and girls. There are several dress styles for women in appealing, one-of-a-kind prints. Don't forget to check out the upstairs section, which has more dresses and oversized pillows made out of the tropical prints.

Brown-Kobayashi, 38 North Market Street, ☎ 808-242-0804, offers a fascinating collection of Asian antiques, as well as European and Hawaiian artifacts.

One block down Market Street is **East Vineyard Street**, where you will discover a couple of interesting shops and some tiny eateries.

New to town and not to be missed is **Minka**, 1910 East Vineyard Street, ☎ 808-242-8705, which carries innovative art, exotic home furnishings and accessories, candles, masks and fine fabrics, including Hawaiian prints.

Be sure to stop by the **Maui Art Gallery**, ☎ 808-986-0303, www.mauiartgallery.com, at the corner of Vineyard and Market Streets. This impressive and modern gallery has paintings, jewelry and a "wall of glass," with fascinating glass art pieces. Check out the exclusive jewelry by Becky Thatcher. They're open from 10 am to 5 pm Monday through Friday and 10 am to 3 pm on Saturdays.

If The Shoe Fits, 12 North Market Street, ☎ 808-249-9710, specializes in wedding party foot attire but also has a great selection of women's shoes, from dressy to beach footwear.

Sightseeing

Walking through Wailuku you'll see many historical buildings, most of which are labeled and provide a little bit of history.

Bailey House Museum

Bailey House Museum, 2375 Main Street, ☎ 808-244-3326, www.mauimuseum.org, is open 10 am to 4 pm Monday through Saturday and closed on major holidays. As you head up Main Street toward `Iao Valley, just

past High Street you'll see the Bailey House Museum on the left. Missionaries Edward and Caroline Bailey lived here for almost 50 years and part of the museum is dedicated to showing visitors how life was in the mid-1800s when the Baileys lived and raised a family here.

The buildings were erected in the early 1800s on land given to the missionaries by the Hawaiians for educational purposes. The Central Maui Mission established day schools, first for adults and then for children, before adding the Wailuku Female Seminary in 1837. The seminary was opened as a boarding school for girls to help them become good Christian wives for graduates of Lahainaluna. At the school they were taught fundamentals such as reading, arithmetic and Hawaiian history, as well as housekeeping skills such as washing, ironing, sewing and mending.

The school closed after only 12 years due to a lack of funding. Edward Bailey eventually bought the land and continued to teach until his health failed. He also experimented in the growing and milling of sugar cane and participated in the development of the Wailuku Sugar Company in 1862.

The upstairs rooms were added in 1850 and are now filled with antique furniture donated from other Maui families, including a beautiful round table made of koa and other Hawaiian hardwoods. The table was created as a gift for President Grant in 1869 but, before it could be sent, a law was passed forbidding the President's accepting gifts from foreign nations.

The site is also home to the Maui Historical Society, which has a small yet fascinating shop in the back where you can find unusual books and other remnants of old Hawaii.

Be sure to explore the outdoor gardens surrounding the Bailey House as you'll see many plants that would be typically found during the Missionary Era, such as sugar cane, lokelani rose and a chenille plant. In the back you'll see a large fishing canoe called "Honaunau," built on the Big Island of Hawaii at the turn of the 19th century and one of the few remaining canoes made from a single koa log.

The Bailey House is now called Hale Ho`ike`ike and is listed on the State and National Register of Historic Places. Admission is $5 for adults, $4 for seniors and $1 for children ages seven-12.

Ka`ahumanu Church

Edward Bailey also designed the Ka`ahumanu Church at 103 South High Street, occupying the site of an early *heiau*, or Hawaiian temple. The church was named for Queen Ka`ahumanu, who was instrumental in establishing Christianity in Hawaii. First built in 1876, the current building is the third in the church's history and its look is New England-style architecture with a stone foundation. Ka`ahumanu Church is listed on State and National Register of Historic Places. Hymns and the Lord's Prayer are still recited in the Hawaiian language.

Wailuku Public Library

On South High Street at the corner of Aupuni Street, you'll pass the Wailuku Public Library that has been open since 1929. It was designed by famed island architect C.W. Dickey and is an example of the Mediterranean and Hawaiian style prevalent throughout Maui.

`Iao Theater

At 68 North Market Street, this theater opened in 1928 and is rumored to have hosted such stars as Bob Hope and Frank Sinatra. In 1953, the theater premiered the classic *From Here to Eternity* and, in a seedier moment in 1973, showed *Deep Throat*, which resulted in the arrest of the theater manager. You can't miss the old-time vertical sign out front and the Spanish mission-style architecture. The theater veered downhill over the years and was in line to meet with a wrecking ball when the county saved it in 1993. Renovated in 1995, it is now home to Maui OnStage, which hosts community theater, such as a recent production of *Hair*. The `Iao Theater is listed on the State and National Registers of Historic Places.

Haleki`i-Pihana Heiau State Monument

These two *heiaus* are atop a hill in Wailuku and hold a special historical significance. Haleki`i and Pihana heiaus were former *luakini* temples, or places of human sacrifice.

To get to these monuments, you can take Lower Main Street in Wailuku all the way down away from the town until you get to Waiehu Beach Road. Take a left here and you'll soon go up and down a small hill and cross over a stream. Look for Kuhio Place and take a left. Then take a left on Hea Place and head up the hill.

There are signs directing you to the two *heiaus* and there's a small parking lot on the top with a display showing you what you're looking at. This spot offers a spectacular view of Kahului and Wailuku.

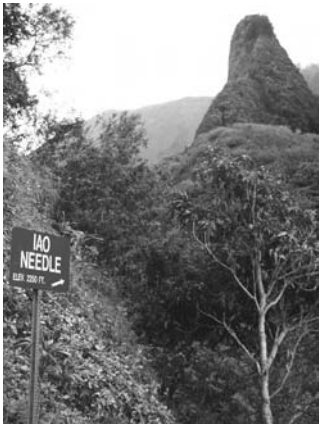
`Iao Valley

`Iao Valley Hawai`i Nature Center is at the gateway to `Iao Valley. The center is a non-profit organization offering guided walks through the magical `Iao Valley. The guide explains the history and legends of the Hawaiian rainforest, native flora and fauna and takes you to a viewing of `Iao Needle. Next door is the area's only restaurant, **Café O'Lei**, which is open daily from 11 am to 2:30 pm (weather permitting).

Just For Kids (& Some Adults Too): The `Iao Valley Interactive Nature Museum and Gift Shop has some 30 interactive exhibits providing information about the area's history, landscape, insects and regional fish.

At the end of `Iao Valley Road, you will find the 6.2-acre **`Iao Valley State Park**, ☎ 808-984-8109, a sacred spot that played a crucial role in Hawaiian history. The valley is 10 miles long and encompasses 4,000 acres. `Iao, which means "cloud supreme," is where many of the highest chiefs' remains were buried in secret hiding places. The last documented burial was in 1736. At the head of `Iao Valley is a circular amphitheater where four major streams – the Nakalaloa, the Poohoahoa, the Kinihipai and the Ae – converge into `Iao Stream. The park is open from 7 am to 7 pm daily.

Hawaiian Legend: According to ancient legend, the demigods Maui and Hina, the woman of the moon, had a daughter named `Iao, whom they raised in this valley. She took a half-man, half-fish god as her lover, which angered her father so much that he turned the man/fish into a pillar of stone – the `Iao Needle.



As you take the path through the valley, you'll see **`Iao Needle**, a sharp-rising narrow, eroding peak that sits alone surrounded by larger mountains. The Hawaiian name for this 2,250-foot peak is Kuka`emoku and it is known in Hawaiian legend as the phallic stone of Kanaloa, god of the ocean. During periods of warfare `Iao Needle was used as a lookout by warriors. This is also the spot where some Maui warriors retreated from the forces of Kamehameha I during the Battle of Kepaniwai, which translates to "damning of the waters."

Take some time to walk the paths around the park but be wary during heavy rains as the `Iao Stream has been known to rise quickly and flash flooding can occur. The park is well maintained, although I was discouraged to see some illegal campers' clothing laid out to dry.

Kepaniwai Park & Heritage Garden

Right before you get to `Iao Valley State Park, you'll see Kepaniwai Park on the left. The garden represents Hawaii's multi-cultural heritage and has displays honoring Chinese, Japanese, Korean, New England, Portuguese and Native Hawaiian cultures. The park, open from 7 am to 7 pm, has barbecue areas, and tends to get busy on the weekends with the locals.

Where to Eat

Many restaurants in Wailuku are closed on Sunday and Monday. On weekends, the town seems deserted without all the government hustle and bustle.

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Four Sisters Bakery, 1968 Vineyard Street, ☎ 808-244-9333, specializes in Filipino breads and pastries, although they have American-style doughnuts and rolls as well. Try one of the Chinese pretzels or an island favorite, malasada, which is a Portuguese doughnut. $

Home Maid Bakery, 1005 Lower Main Street, ☎ 808-244-7015, is open from 5:30 am to 9 pm. This island institution has been around for 40 years and they offer a multi-cultural selection of goodies. They also have malasadas, as well as empanadas, which are like turnovers, and manju, a Japanese cake. You can find their bread products in local shops. $

Maui Bake Shop & Deli, 2092 Vineyard Street, ☎ 808-242-0064, is Wailuku's premier bakery and deli. Chef/owners Jose Krall and Claire Fujii Krall create wonderful cakes, pastries and breads. You can order deli sandwiches made-to-order, as well as pre-made lasagna and croissant sandwiches. $

Who's The Boss Bistro, 2051 Main Street, ☎ 808-244-6816, is open from 10 am to 2:30 pm. In the former Café O' Lei and then the Iao Café site, this bistro-style restaurant is run by

Jennifer Nguyen from nearby A Saigon Café and Patrick Callerc, who runs Chez Paul in Olowalu. The ambiance is easy on the eyes, its walls decorated with vintage posters. A mural along the top of one wall depicts Hawaiian beach scenes. As your eyes scan the mural, you'll see hula girls, paddlers, sunbathers, windsurfers, ancient fishermen and surfers. Aside from the pleasant décor, the food is impressive and fairly priced. Salads include a Caesar (choose plain or with chicken, sautéed shrimp or fresh catch), curry chicken, capers, crab cake, Niçoise or a "ménage à trois," with romaine, watercress, gorgonzola, beets, pears and some surprise ingredients. Sandwiches are basic, with ham, turkey, tuna salad, crab cake or a crab club on focaccia. Entrées include a pasta of the day, a fresh catch and a plate lunch daily. Specials are extraordinary and may include seared blackened ahi with papaya salsa served with a Caesar salad and your choice of rice or mashed potatoes; Asian curried chicken; or local favorites such as tripe stew or spaghetti. $

Café Marc Aurel, 28 North Market Street, ☎ 808-244-0852. More bistro than café, this popular spot has wonderful coffees, smoothies and shakes, as well as a large selection of teas from around the world. Recently, they have become more of a wine bar late in the afternoon. Sit in the pleasant atmosphere, with its red and salmon-colored brick walls and zebra-print wooden chairs. The menu is varied and very affordable, with an eight-inch cheese pizza, a heavy-on-the-green-stuff spinach and mushroom quiche and several bagel sandwiches. These include a "croque Monsieur" – a bagel with ham and mustard melted over with cheddar and served with a small side of marinara. Or try the "croque Madame," which is the same thing minus the ham. For dessert, try the Coupe d`Etat – three scoops of coffee ice cream, espresso and chocolate syrup topped with whipped cream. Nothing is over $7.50. $

Kozo Sushi, 52 North Market Street, ☎ 808-243-5696, is next to the `Iao Theater and has been serving sushi to Wailuku's business community since 1978. The sushi in this small restaurant is unbelievably cheap ($2 for two pieces of ahi sushi or $4.50 for an eight-piece California roll!) and of good quality. Kozo Sushi can make several different sushi platters and offer take out as well as local delivery. Kozo Sushi

is open from 9 am to 7 pm Monday through Saturday. Closed Sundays. $

Alive & Well in Kahului has expanded to Wailuku with the new **Café Brooklyn**, 2010 Main Street, ☎ 808-244-5950, which serves healthy entrées made with the freshest free range and organic ingredients. Besides wonderful salads and sandwiches, they also have wraps (such as a carrot cashew pâté in a spinach tortilla) and pot pies (try veggie, salmon and shrimp or grandma's chicken). Their version of the plate lunch and bentos come with basmati rice and a side salad. There's also a Kobe beef burger, gardenburger and a grilled mahimahi or ono sandwich. $$

In the new Main Street Promenade at 2050 Main Street you'll find the **Royal Island Drive Inn**, with Hawaiian flavor barbecue and Chinese food. Royal Island is open daily from 7 am to 9 pm. There's been a lot of talk around town about the plans for the food court but not a lot of action. The food court has plenty of room for more restaurants and I've seen the same "Coming Soon" signs here for months.

Ichiban Okazuya, 2133 Kaohu Street, ☎ 808-244-7276, is open daily from 10 am to 2 pm and 4 pm to 7 pm. In the same location for 22 years, this is a Wailuku institution and a favorite among the business lunch crowd who came to enjoy this Japanese-style eatery. Choose from a counter full of steamed veggies, fried fish and chicken, prawns and vegetable tempura. $

Squeaky's Family Restaurant, 197 North Market Street, ☎ 808-244-4100. Look for the bright turquoise building. Squeaky's has traditional American fare at very cheap prices. Try their famous Philly cheesesteak. $

Saeng's Thai Cuisine, 2119 Vineyard Street, ☎ 808-244-1567. Lunch served Monday through Friday from 11 am to 2:30 pm, dinner from 5 to 9:30 pm in a casual garden setting. If you want Thai cuisine, this is the place to go – good food in a pleasant atmosphere. They have all of the traditional dishes – curry, pad thai, satay and lots of seafood. Enjoy your meal in the covered patio. $

A Saigon Café, 1792 Main Street, ☎ 808-243-9560. Ask anyone in Central Maui for a dinner recommendation and nine

out of 10 will say "A Saigon Café." It is, in fact, so popular that there is no need for a sign – just look for the shooting stars atop the roof. From the minute you walk in, the service is friendly and efficient. When the host, bus boy and server ask how your day was, they genuinely seem to care. Portions are large, prices are more than reasonable, and your senses will be delighted by the variety of exotic smells that pass your table. The fresh summer rolls with boiled shrimp, fresh mint, bean sprouts, lettuce and rice noodles, served with peanut sauce, are highly recommended – but the nightly specials are special indeed. One night featured a Buddha Roll, a four-piece concoction of jicama, tofu, roasted peanuts, basil, Maui onions and carrots wrapped in thin rice paper and served with a peanut dipping sauce. There are also vegetarian specialties, such as a spicy island eggplant dish in a yellow curry sauce and bitter melon in a black bean sauce. They serve salads with a Vietnamese sweet and sour garlic dressing, steaks, Vietnamese burritos, soups, noodle dishes, curries, and fish entrées. A Saigon Café also has many vegetarian dishes. Owner/chef Jennifer Nguyen prepares the food with spices from her garden. $

Mike's Restaurant, 1900 Main Street, ☎ 808-244-7888, is open for breakfast, lunch and dinner from 9:30 am to 9 pm Monday through Friday and 8:30 am to 9 pm Saturday and Sunday. Hawaiian plate lunches and Chinese specialties, such as stir fries, noodle dishes and ramen, are the main components of the lunch and dinner menu, while breakfast consists of combinations of eggs, rice and meats, as well as omelettes. There's not much to the décor – it's a good place if you don't want fancy. They don't accept checks or credit cards. $

Sam Soto Café, 1750 Wili Pa Loop, ☎ 808-244-7124, serves breakfast and lunch from 7 am to 2 pm. It's a local-style eatery with saimin, fried noodles and plate lunches. They are famous for their dried mein and barbecue beefstick ($1/stick!) $

Tokyo Tei, 1063 East Lower Main Street, ☎ 808-242-9630, serves lunch and dinner. They have teriyaki beef and fish, katsu chicken (a deep-fried, breaded Japanese delicacy) and saimin (a local noodle soup). $

AK's Café, 1237 Lower Main Street, ☎ 808-244-9884, www.akscafe.com. Clean and colorful, this healthy and casual

café is like a plate lunch with style. Chef Elaine Rothermel turns fresh ingredients into local favorites and does so in a speedy manner (to appease the Wailuku business crowd). Lunch is served from 10:30 am to 2 pm and dinner is from 4:30 to 8:30 pm. Lunch entrées include such favorites as fish tacos, chicken katsu and garlic ono with cucumber relish. Customers get to choose two sides from a long list, including steamed sweet potato, sweet potato fried, brown or white rice and poi (only on Fridays). AK's also has soups, sandwiches and combinations for lunch. Dinner is a little bit more sophisticated, with entrées such as lemongrass duck, blackened ono with a mango basil sauce, pot roast and shrimp scampi. Lunch $; dinner $$

Fiesta Time, 1132-C Lower Main, ☎ 808-249-8463, is open from 11 am to 8 pm. This is the closest thing Maui has to a tacqueria. They use fresh ingredients in their traditional Mexican offerings, which include tacos, burritos and enchiladas. Everything is served à la carte. $

Tasty Crust, 1770 Mill Street, ☎ 808-244-0845, is open 5:30 am to 10 pm Monday through Thursday and 5:30 am until 11 pm Friday and Saturday. Don't judge this book by its cover. The old broken sign may put some off, but this spot, established in 1944, is an institution. Where else can you get pancakes any time of the day? They also have local-style cuisine, such as loco moco, saimin, chicken katsu and kalbi ribs. $

Where to Stay

Bed & Breakfasts

Old Wailuku Inn at Ulupono, 2199 Kaho`okele Street, ☎ 800-305-4899 or 808-244-5897, www.mauiinn.com, mauibandb@aol.com. Honestly, this is the only place to stay in Central Maui. The owners are ultra-hospitable and the rooms are extra-special. Built in 1924 as a wedding gift from Maui banker C.D. Lufkin to his son and daughter-in-law, this charming estate has been transformed into an inviting bed-and-breakfast. Ulupono means "to grow and flourish in righteousness" and the place seems to keep in touch with its name.

Tom and Janice Fairbanks have done a superb job of combining the old Hawaii of the 1920s and '30s with modern conveniences and amenities. They purchased the house in 1995 and spent two years restoring it into the treasure it is today. The main building has four guest rooms and the neighboring building, called the Vagabond House, has three. Each room in the Vagabond House is named after a flower and has a distinctive bed cover made locally by Sig Zane Designs and decorated with that flower's image. The owners even go the extra mile to show you where on the property the flower your room is named after can be viewed. This estate is so special that is has been listed on the Hawaii Register of Historic Places.

I stayed in the plumeria room, which was extremely clean, wonderfully decorated with an antique style desk and bathroom furnishings. Aveda products (one of my favorites) were offered and amenities included a television and coffee maker. The shower was the most amazing I have ever seen with four jets of water spraying from the side while another nozzle sprays water from the ceiling in addition to the regular shower head on the wall. Breakfast is served at 8 am (one sitting only) and changes daily. Offering vary from herbed popovers with scrambled eggs, mushrooms and Portuguese sausage to waffles topped with fresh banana or mango. $$-$$$

Condominiums

Island Sands Resort, 150 Hauoli Street, ☎ 800-367-5242 (reserve through Condominium Rentals Hawaii).

Budget Accommodation

Northshore Hostel, 2080 Vineyard Street, ☎ 866-946-7835 or 808-986-8095, www.northshorehostel.com. The old sign out front says "North Wind Hostel," but this is the place you're looking for if you are a young, budget-minded traveler. Enter the building through the alleyway. The hostel has coin-operated laundry, a communal kitchen, Internet access

and offers free tours of the island. There are dormitories and private rooms for singles, doubles and triples. Dorms are $23/person and rooms start at $45. $

Banana Bungalow, 310 North Market Street, ☎ 800-846-7835, www.mauihostel.com. This hostel has a game room with a pool table and a hot tub. They offer free scheduled rides to the airport, Internet access and tours of Maui – a different part of the island every day of the week. They have dormitories and private rooms for singles, doubles and triples. Dorms are $22/person and rooms start at $44. $

■ Waipaku

Sightseeing

Maui Tropical Plantation & Country Store, ☎ 808-244-7643, www.mauitropicalplantation.com, is open from 9 am to 5 pm. Exotic fruits such as starfruit, rambutan and mango are just a few of the treats you'll see when you take the Tropical Express tram through this 60-acre working plantation. They grow tropical flowers, such as plumeria, orchids and heliconia, as well as coffee and macadamia nuts. The informative tram ride takes about 40 minutes. Admission to the plantation is free and the tram ride cost $10 for adults and $4 for children. Buy tickets in the country store, which has a large selection of made-in-Maui products, as well as produce and great gifts. If your suitcase is almost at capacity, the clerks at the store can arrange to have your purchases (including Maui pineapples and onions) sent to your home.

The plantation has two spider monkeys named Carlos and Montana, who were homeless after the closure of the Maui Zoo in December 1995. The monkeys entertain guests with their antics in a cage near the restaurant.

Adventures on Foot

King Kamehameha Golf Club Kahili Course, ☎ 808-242-4653. Situated in a beautiful spot in the foothills of the West Maui Mountains, this was previously named the Sandalwood Golf Course. The 6,537-yard,

par-72 course is one of Maui's favorites. At press time it was undergoing renovations and only nine out of 18 holes were open.

Where to Eat

The **Waikapu Grill** in the center of the Maui Tropical Plantation is open from 11 am to 2 pm. It offers sandwiches, salads and grilled lunches with an emphasis on using produce grown on site. $$

The **Kahili Restaurant**, ☎ 808-242-6000, at the King Kamehameha Golf Club, serves lunch from 10 am to 3 pm and pupus from 3 to 5 pm. The restaurant lies on the slopes of the West Maui Mountains, allowing for wonderful views of the ocean, South Maui and Haleakala. They serve an à la carte Sunday brunch all day, with pancakes, French toast, eggs Benedict and New York strip steak and eggs. Wednesday is seafood lovers' day, with the chef's choice of fish, and Saturday features a prime rib special. Daily lunch entrées include sandwiches, salads and appetizers, as well as Japanese specialties such as shrimp-fried rice and stir fried noodles. $$

■ Pa`ia

Orientation

From the airport, turn left on Aalele for a shortcut to Pa`ia. Take a left on Highway 37 (Haleakala Highway) and go right at the intersection of Kala Road and Highway 37. At the stoplight take a left on the Hana Highway. If you're coming from West Maui, South Maui or Central Maui, catch the Hana Highway in Kahului near the airport.

Along the highway, you'll pass field after field of sugar cane before coming to the first town on your journey. After lots of nothing, you'll suddenly see a line of cars headed toward a little community – that's Pa`ia.

Until recently it was a sleepy town people passed on their way to the Road to Hana. But this eclectic community is experiencing a resurgence as more people are leaving the larger towns to live in places like Pa`ia. This has provided the one-stoplight

town with a traffic problem and you may have to stop-and-go as you travel through area's main intersection.

Parking has also become a problem with the increased traffic to Pa`ia, although there are two free lots – one at the beginning of town across from the Maui Crafts Guild. The other lot is on Baldwin Ave on the left-hand side as you're coming up from the highway.

As you approach Pa`ia, you will be struck by the vibrant colors of the one- and two-story buildings along the main stretch. This small town has quite a bohemian feel (lots of tattoos and piercings) with an eclectic cast of characters. When I mentioned to a server at a Pa`ia restaurant that the area reminded me of the small Hawaiian town I live in, he shook his head and said, "No, there's nowhere else in the world like Pa`ia."

Information

You can check your email at the **Live Wire Café**, 137 Hana Highway, ☎ 808-579-6009, www.livewirecafe.com, across from Charley's. Besides coffees and espresso, they serve bagels, muffins and cakes. There's outdoor seating for those who want to use the café element of Live Wire or an upstairs room (watch your step as you enter the stairway) full of computers with a nice view of town. Live Wire Café is open from 6 am to 10 pm and rates for computer use start at 15¢ a minutes, going down as you purchase larger chunks of time.

History

Back in the 1930s and '40s, Pa`ia was Maui's most populated town, due to a booming sugar industry which, in turn, made Pa`ia home to many of the mill workers. The Alexander and Baldwin Sugar Company made the town a hot spot by building their first sugar mill here. The mill was shut down in 2000 after 120 years of operation but you can still see the old buildings about a mile up Baldwin Avenue in Pa`ia.

Shopping

For a huge selection of natural and organic food, go to **Mana Natural Foods** at 49 Baldwin Avenue, ☎ 808-579-8078. In a world of its own, the store has vitamins, supplements and beauty products as well as organic pasta, sauces, cheeses, crackers, cookies and goods from their deli and bakery. Try the Raw Pie, barbecue tofu or couscous cakes. The atmosphere is warehouse-like, the service is efficient and friendly.

As soon as you get into town, you'll see the **Maui Crafts Guild**, 43 Hana Highway, ☎ 808-579-9697, www.mauicraftsguild.com, on the left. This two-story building is filled with paintings, sculptures and jewelry made by local artists. Inside you will find jewelry by Kula artist and horticulturist Joan Mercer, who grows and then presses flowers from her garden and creates one-of-a-kind necklaces and earrings. The gallery also features fish paintings done in the ancient Oriental technique called Gyotaku in which the artist actually applies ink onto the side of a fish and then presses rice paper or fabric onto its body to make a mirror image of the fish.

> **Smoothie Stop:** If you want a really, really healthy smoothie or juice, stop at **Charley's Juice Stand**, 65 Hana Highway, right past Maui Crafts Guild. Besides healthy refreshments, Charley's also has wraps, sandwiches, salads and desserts.

Pa`ia is home to several specialty boutiques, making it one of Maui's favorite shopping and browsing destinations. Visit **Nuage Bleu**, 76 Hana Highway, ☎ 808-579-9792, for fun fashion, adorable children's clothing and great gifts (one of the few places on Maui where you can get pricey Juicy Couture clothing). **Biasa Rose** at 104 Hana Hwy, ☎ 808-579-8602, also has one-of-a-kind fashion finds and fun accessories. If you're interested in antiques, the **Pa`ia Trading Post**, 106 Hana Highway, ☎ 808-579-9472, has collectible books, vintage shirts, records, china, glasses and jewelry.

Voyage, 26 Baldwin Avenue, ☎ 808-579-6311, is a smart, chic boutique owned by the same people who own Hurricane and Tropo in Makawao.

Alice in Hulaland, ☎ 808-579-9922, has trendy clothing, such as the pricy Da Nang brand of casual skirts, shirts and shorts, as well as merchandise created by local designers. Owner Stanton Cohen is a rock & roll enthusiast and he's brought that feel into this eclectic shop. Don't pass up the showcase by the registers filled with lovely vintage jewelry, including butterfly and dragonfly earrings and necklaces. They also have unique hats and purses.

Bahama Mamma, 62 Baldwin Avenue, ☎ 808-579-8188. This hip boutique has an impressive selection of women's clothing, jewelry and gift items.

Hemp House, 16 Baldwin Avenue, ☎ 808-579-8880, www.hemphousemaui.com, has clothing, accessories and body care products.

Behind Maui Crafts Guild is the **Aloha Bead Company**, ☎ 800-579-9709, where you will find every sort of bead imaginable. Owner Sarah Klopping has collected enough beads to fill three rooms and they come in every color of the rainbow and range in size from tiny to finger-sized.

For a permanent reminder of your trip to Pa`ia, stop by **Island Ink Tattoo Co.**, ☎ 808-579-9461, www.islandinktattoo.com, upstairs from Jaggers. Just go through the bright purple gates. 100 Hana Hwy.

The Wine Corner, ☎ 808-579-8904 has a good selection of beer and foreign wines. Across the street is **Aloha Island Shave Ice** with many different flavors of this popular Hawaiian treat, as well as mixed plates for lunch.

There's only one stoplight in Pa`ia and if you turn *mauka* (toward the mountain) there, you'll be on Baldwin Avenue where there are more shops, plus the post office and a laundromat.

Looking for a new swimsuit? Try **Maui Girl Beachwear**, 12 Baldwin Avenue, ☎ 808-579-9266, an island bikini landmark. It is considered Maui's best bikini shop, with brands like Calvin Klein and Salinas. Owner Debbie Kowalski Wilson designs and produces suits with her own "Maui Girl" label.

Moonbow Tropics, 36 Baldwin Avenue, ☎ 808-579-8592, has a great selection of men's aloha shirts, both vintage and new.

The Enchantress, 23 Baldwin Avenue, ☎ 808-579-6360, is like no other store on Maui. It's a girly-girl's dream with silk, satin and lace everything – dresses, lingerie, robes. Owners Britta Alexandra and Judith Maurice have also accumulated a great selection of accessories, gift items and jewelry.

The closest thing to a convenience store once you pass Pa`ia is the **Kuau Mart**, a small shop up the highway on the right. Besides the basic groceries and necessities, owner Leona Nomura serves lunches, such as lasagna, shoyu chicken and even stuffed bell peppers. Right around the corner from famous windsurfing Ho`okipa Beach, Kuau Mart is a home away from home for some of the world's greatest windsurfers.

Pa`ia is the last place to get gas for your trip to Hana, so fill up at one of the town's three stations. Chevron seems to be a couple of cents a gallon cheaper.

On your way out of town, you'll pass the Pa`ia Fire Station which was originally designed as a courthouse for the town of Makawao. The building was moved to Pa`ia in 1936 and used as a District Court until 1985.

Sightseeing

Sugar Cove Beach

If you're ready to get your feet into the ocean, take a left on Nonohe Street (just past the Kaunoa Senior Center) in the area known as Spreckelsville. When the road starts to veer to the right, go left on Pa`ani Place. At the end of the road you'll see a "shoreline access" sign with an arrow. Walk down the path against the seawall and you'll see what is called Sugar Cove Beach. This small but gorgeous beach is used mostly by windsurfers to launch their crafts and by those staying at the adjoining Sugar Cove townhouses. A great place to sunbathe.

Did you know? Spreckelsville is named after Claus Spreckels (1828-1908), a developer who immigrated to New York from Hanover in 1846. He made his way to San Francisco and then Maui, where he purchased and developed large sugar plantations. Working in California, he was able to undersell his competitors by buying the raw sugar in Hawaii.

Baby Baldwin Beach

A more popular beach, Baby Baldwin is on Nonohe Street if you continue to the right. Instead of taking the left at Pa`ani Place, veer right, then turn left on Kealakai Pl. and you'll see a makeshift parking lot adjacent to a lovely bay. This whole side of the island is windy (making it popular with windsurfers and kiteboarders) so be prepared for choppy water and flying debris. The sandy-bottomed lagoon here is good for families with children.

Sunscreen Warning: Although you may not feel hot because of the wind, it is very easy to get sunburned under these conditions. Make sure to use adequate sunscreen and don't forget to reapply.

H.A. Baldwin Beach Park

Back on Hwy 36, you'll pass the Maui Country Club golf course and then, as you enter Pa`ia, you'll see an inviting beach and picnic spot on the left. The H.A. Baldwin Beach Park is named after Henry "Harry" Alexander Baldwin, a sugar planter, rancher and pioneer in the production of pineapple. This huge stretch of sand is popular with tourists and locals for sunbathing, strolling, boogie boarding, body board-

ing and surfing. There are pay phones, restrooms, showers, barbecues and a covered dining area.

Where to Eat

Sandbar and Grill, 89 Hana Highway, ☎ 808-579-8742, www.sandbar-hawaii.com. They're famous for their lobster tacos but you can also get them with chicken or fish. The menu also has salads, sandwiches, kiawe-grilled burgers, as well as an excellent pupu menu with nachos, island poke, ceviche or kalua pork won tons. The atmosphere is very casual and this is obviously a local hangout. The food is good and the prices won't empty your wallet. Open 11 am to 2 pm Monday through Friday and 8 am to 2 pm Saturday and Sunday. Happy Hour is from 4 to 6 pm. $

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Stop by **Anthony's Coffee Co.**, 90 Hana Highway, ☎ 800-882-6509 or 808-579-8340, www.anthonyscoffee.com, for a caffeine pick-me-up or a refreshing scoop of *haupia* (coconut custard) ice cream. Anthony's is open from 5:30 am to 6 pm, serving breakfast, lunch and packs picnics for the Road to Hana. You can also purchase Pa`ia-roasted coffee there or order it through the website.

Smoothie Stop: Hana Bay Juice Company at 111A Hana Highway, ☎ 808-579-8686, has fresh juices, smoothies, bagels and freshly-made box lunches catering to those headed down the Road to Hana but enjoyed by anyone who treks through Pa`ia. Try a "Heavenly Hana," with pineapple, banana, mango and passionfruit juice, or the "Black Sand Beach" smoothie, with blueberries, raspberries, apple and pineapple juice. For a little extra cost, add a shot of ginseng, spirulina, bee pollen, protein powder or juice from the noni, which is only grown in the South Pacific and is

believed to cure a range of ailments. Hana Bay Juice Company is open 7:30 am to 3:30 pm Monday through Friday and 7:30 am to 2 pm on weekends.

Pa`ia Fishmarket Restaurant, 100 Hana Hwy, ☎ 808-579-8030. Order fish and chips with your choice from a selection of fish or, for a healthier option, try any of the fish grilled or made into a fish sandwich. The small dining area has several picnic tables. $

Milagros Food Co., 3 Baldwin Avenue, ☎ 808-579-8755. With an emphasis on affordable Mexican food, this is a winner among locals and tourists. If you're lucky enough to get one of the 10 outside tables on this busy corner, you are in a prime people-watching location. The inside of the restaurant is pleasant too, with a Santa Fe Tex-Mex feel, orange and blue walls and hanging lights over the bar. The menu features sandwiches, salads and delicious Mexican food – ono fajitas, fish tacos and blackened-blue ahi taquitos. They have a nice tequila and margarita selection or, if you're in the mood for a fruity drink, try the Paia punch (pineapple and orange juices with rum and Grenadine). $$

Jacques Northshore Restaurant and Sushi Bar, 120 Hana Highway, ☎ 808-579-8844. Once upon a time, Jacques was on the Hana Highway in the spot now occupied by the SandBar and Grill and it was a very popular fine dining restaurant. Now, Jacques has downscaled and moved across the street to a pleasant courtyard area. The walls are painted bright blue and yellow and there is a main bar near the entrance and then the "beer bar" at an inside corner. No reservations accepted. Open daily for lunch from 11 am to 2:30 pm, Happy Hour 2:30 to 4 pm and dinner from 5 to 10 pm.

Charley's, 142 Hana Highway, ☎ 808-579-9453. Serving breakfast from 7 am to 1 pm Monday through Saturday and 7 am to 2:30 pm on Sunday. Lunch served from 11:30 am to 2:30 pm, "Woofer Menu," focussing on appetizers, is served from 2:30 to 5 pm and 10 pm to midnight. Dinner is from 5 to 10 pm. Charley's is a rough-and-tumble kind of spot, an older restaurant with a lot of history. The bar area smells like, well, a bar and, if you're a Willie Nelson fan, you may never leave –

the walls are lined with record covers and other memorabilia (the singer has a house nearby and is friends with the owner). The food is good – burgers are made with Maui-grown beef and Charley's special gorgonzola salad dressing is delicious. The pizza is some of the best I have had and reasonably priced. Dinner items include pasta, salads, steaks and ribs. Dine at table nine (the booth near the kitchen) if you want to hear all the Pa`ia gossip. Breakfast consists of basic egg dishes, a veggie scramble and build-your-own omelets. Check out the specials listed outside of the front door. Breakfast $; lunch $; dinner $$

On Baldwin Avenue

Cakewalk Paia Bakery, 2 Baldwin Avenue, ☎ 808-579-8770. Open from 7 am to 5 pm Monday through Saturday and 8:30 am to 2:30 pm on Sundays. Don't bank on the hours, though, as they vary, depending on peak tourist times. So they might not be open this early in November or early December – the sun is barely up then. This tiny shop tends to be busy but, once you get to the front counter, you'll see what you were waiting for. They have mango scones, guava breakfast bars, chocolate croissants (my favorite), lilikoi cheesecake, banana chocolate chip bread and pineapple upside-down muffins. To indulge your childhood memories, they have rice crispy treats mixed with macadamia nuts and with a layer of chocolate in the middle. They also provide picnic lunches to go for your trip to Hana that include a sandwich, cookie, beverage and a package of Maui potato chips. $

Café Mambo (formerly Pic-nic's), 30 Baldwin Avenue, ☎ 808-579-8021. Serving breakfast from 8 am to noon, lunch and dinner noon to 9 pm. This bright, yet comforting, café with blue and orange walls, funky artwork by Maui artist Ray Masters and mosaic-topped tables serves a healthy and diverse selection of meals. Breakfast ranges from bagels to omelets to papayas filled with yogurt and granola in this cute and popular café. Lunch includes burgers, sandwiches, soups and salads. Tapas, including paella and cheese fondue, are served for dinner as well as the daily fresh catch and fajitas (served for one or two people). These aren't your normal fajitas – Café Mambo has a sesame and nori-crusted tofu ver-

sion, one with fresh spinach and mushrooms or another with fresh Kaua`i shrimp. Save room for the famous homemade tiramisu, Bailey's crème brulée or the mango and banana crumble with passion fruit sauce for dessert. You can bring in your own beer or wine to enjoy with your meal. Breakfast and lunch $; dinner $$

> **Timesaver:** Emerging from a 2003 facelift with a new name and improved menu, Café Mambo is still a great place to grab a picnic lunch on your way to Hana. The sandwiches are creative (try a spinach nut falafel, curried shrimp or tuna with sweetcorn) and come with a small or large cooler with ice. They'll also throw in a Road to Hana CD guide for you to use for the day.

Café Des Amis, 42 Baldwin Avenue, ☎ 808-579-6323. Open daily from 8:30 am to 8:30 pm for breakfast, lunch and dinner. This friendly café combines French and Indian food. Choose a sweet or savory crêpe or an authentic Indian curry made with your choice of beef, mahimahi, shrimp, chicken or vegetables. You can bring in your own beer or wine or try one of their smoothies or an espresso drink. $

Moana Bakery & Café, 71 Baldwin Avenue, ☎ 808-579-9999. Serving breakfast from 8 to 11 am, lunch 11 am to 3 pm, dinner 3 to 9 pm. Pasta, fish dishes and Thai food are all served with a Hawaiian flair in this casual café. Baked goods are available all day long. At breakfast, try a Maui Omelet with char siu pork, Maui onions, mushrooms and cheese. Lunch includes a Cambodian steamed mahimahi plate or a chili seared ahi wrap with a Moloka`i sweet potato. Moana Bakery & Café serves rack of lamb and filet mignon for dinner as well as red curry dishes and local fish dinners. Check out the live music on Wednesday, Friday and Sunday evenings. Breakfast and lunch $; dinner $$

> **Music In Maui:** If you're in Pa`ia on a Wednesday evening, check out **Hula Honeys** at Moana Bakery & Café. They play classical Hawaiian tunes from the '40s, starting at 6:30 and running to 9:30 pm.

Fresh Mint, 115 Baldwin Avenue, ☎ 808-579-9144. Open daily from 11 am to 9 pm. This vegetarian/Vietnamese restaurant has delicious entrées obviously made with care and with the freshest ingredients. It's not strictly vegetarian, as they have some beef, fish and chicken dishes, but vegetarians will not be disappointed. Appetizers include summer rolls, deep-fried tofu imperial rolls, autumn rolls and a veggie kabob. The green papaya salad with carrots, tofu and fresh mint is delicious. Entrées are served with jasmine rice or brown rice and include tofu stuffed with Kula onions, celery, mushroom and carrots, soy chicken with sesame seeds, curry lemongrass tofu and noodle dishes. You can also create your own Vietnamese burrito wrapped in rice paper and dipped in a special citrus sauce. $

Mama's Fish House, 799 Poho Place at Ku`au Cove, ☎ 808-579-8488, www.mamasfishhouse.com. Open daily from 11 am to 9:30 pm. Although consistently good and in a you-can't-beat-it location, Mama's has a reputation among locals and visitors in Maui for being overpriced. They charge more for entrées than most four- and five-star resorts. It is indeed overpriced (I alone spent $70 on lunch!), but you know that what you're going to get will be spectacular. And business doesn't seem to have been affected – they're packed every night. The menu changes every day and the fish of the day is labeled according to the boat or the fisherman who caught it – "Ono caught by Shawn Conners along the south shore of Haleakala," or "Mahimahi caught by Kim Miyaki in blue waters beyond Lanai." From the minute you drive past the restaurant's namesake boat at the parking lot, to the valet parking to the parrot at the tropical-themed entrance, Mama's Fish House is a restaurant to remember. Celebrity photos adorn the walls, along with historic memorabilia and a hint of Tahiti, obviously one of the owner's favorite places. The setting can't be beat – tropical décor and ocean views in a screened dining room. Service is competent and the presentation of meals is immaculate. Reservations are highly recommended for lunch and dinner. Lunch $$$; dinner $$$

Author's Note: Try the Mai Tai Roa Ae, "The Best" at Mama's Fish House. Their version is based on mai tai-inventor "Trader Vic" Bergeron's original recipe with light and dark local and imported rums, fruit liqueurs, fresh tropical juices and exotic flavorings.

Nightlife

The Sand Bar, 89 Hana Highway, ☎ 808-579-8742, is open until 2 am. A late-night establishment, they have pool tables and a jukebox. Live jazz on Mondays and various entertainments throughout the week.

Where to Stay

Contact **Ho`okipa Haven Vacation Services**, ☎ 800-398-6284 or 808-579-8282, www.hookipa.com, info@hookipa.com, for lots of information on vacation rentals in Pa`ia and the surrounding area. You might also want to check out **www.mauisports.com** for a range of vacation rentals in the same area.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Bed and Breakfast/Inn

The Inn at Mama's Fish House, 799 Poho Place at Ku`au Cove, ☎ 800-860-4852 or 808-579-9764, www.mamasfishhouse.com. Right next to the restaurant and fronting a crescent-shaped beach, these cottages are clean, cute, completely equipped and a little overpriced. Nicely decorated in Hawaiian prints and with fresh tropical flowers, the larger two-bedroom suites are good for small families. The one-bedroom duplex is fine for couples or singles. There's a three-night minimum. Two-bedroom suites $$$$$; one-bedroom $$$

Vacation Rental

Hale O Ke Kai, ☎ 808-878-6161, www.mauisunrise.com, alive@maui.net. Called "House of the Sea," this wonderful three-bedroom, 1½-bathroom rental is my favorite place to

stay on the north shore. It's a mile or so north of Pa`ia in a tiny neighborhood that reminds me of the toney Eastern suburbs of Sydney, with narrow streets winding around the backs of oceanfront homes. This house is so comfortable that you won't know you're not at home except for the fact that it's a two-minute walk the beach. It's clean and open, with lots of windows, hardwood floors and the bedrooms are painted in pastels with white trim. The furniture looks as if it came out of Pottery Barn and the kitchen is well stocked with utensils, dishware and appliances. There's also a dishwasher, washer/dryer and television with a DVD player. The spacious yard is fenced-in and shaded by trees. There's a swing set for the little ones. There are two beaches within walking distance – one fronts Mama's Fish House and the other is a rocky beach which is a great place to take a seat on a rock at sunset and watch the sky and clouds turn glorious shades of pink, red, yellow and grey. $$$

Sugar Cove, Spreckelsville. These private townhouses are in a gated complex right on the beach. The property has a tennis court, swimming pool, clubhouse and barbecues. It's great for families and those interested in windsurfing. For information on Sugar Cove and other Spreckelsville properties, contact **Maui Vacation Properties**, PO Box 1359, Haiku 96708, ☎ 800-782-6104 or 808-575-9228, SugarCove@mauivacation-properties.com. $$$$$

Spyglass House and **The Blue Tile Beach House**, ☎ 800-475-6695 or 808-579-8608, www.spyglassmaui.com. This is a group of houses with individual rooms for rent. You can also rent the whole house. The location is great – right on the beach – but this one too is overpriced. The small rooms are sparsely decorated and some don't have private bathrooms, so you have to share one down the hall. I did enjoy the lanai overlooking the ocean and the quaint courtyard area with its tall papaya trees. My biggest gripe is that they charge a $30 cleaning fee for stays of less then three nights, and then they have the nerve to leave a tip jar in the room for the housecleaners. Their breakfast consists of frozen waffles in the community freezer. This would be a great place, though, if you have a large party, say a wedding or family reunion, and could rent out the whole huge house. Main house $$; Dolphin House $$; oceanfront in Blue Tile House $$$$

West Maui

■ At A Glance

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To drive through West Maui actually means to drive "around" West Maui. The impassable West Maui Mountains, with the highest peak being 5,788-foot Pu`a Kukui, are situated in the middle, with one highway going along the coast. If you're in a hurry to get to your destination, you can head down Dairy Road, which turns into Kuiheilani Highway. Then connect to Honoapi`ilani Highway (Highway 30) and follow it through Olowalu until you get to Lahaina, Ka`anapali or Kapalua – whatever your destination may be. If you're not in a rush and feel like a scenic drive, take the backside on Highway 340 from Kahului and head up north. This stunning drive is second only to the world-renowned Road to Hana. You'll slowly pass through old Hawaiian villages along a narrow road carved into the side of the cliff, seeing beautiful sea cliffs and even a blowhole coming up out of the ocean. This road eventually turns into Honoapi`ilani Highway (Highway 30) and you'll soon arrive at the glamorous resort towns of Kapalua and Ka`anapali before hitting funky, historic Lahaina.

This chapter starts with the faster of the two routes, where we will travel south on the Honoapi`ilani (Highway 30), through Olowalu village and to Lahaina. We will then visit Ka`anapali before heading up through Honokowai, Kahana and Napili to Kapalua. The last section in this chapter describes the backside to West Maui.

> **Author's Note:** There aren't a lot of road signs in this area, so sometimes I will be using Mile Markers (the vertical green signs on the side of the road) to indicate interesting spots.

■ Olowalu

The tiny village of Olowalu is the first community you'll see passing Ma`alaea Harbor on the southern side of the isthmus. About five miles south of Lahaina, it's near Mile Marker 15 and there are a couple of beaches on the way that are worth a stop.

History

Olowalu is best known in Hawaiian history as the scene of one of the goriest massacres. The bloodbath occurred in 1790 when the locals approached a ship, the *USS Eleanora*, and stole a smaller boat to burn for the iron nails and fittings. Captain Simon Metcalf was furious with the Hawaiians and lured them back out to the boat. The Hawaiians paddled their canoes back to the ship, only to be attacked by the crew and fired upon with their cannons. One hundred Hawaiians were killed and many more were injured in this horrific battle.

> **Did You Know?** The Olowalu tunnel, between Olowalu and Lahaina, is Hawaii's oldest highway tunnel. Built in 1951, the 318-foot-long passage is at Mile 10.4.

Sightseeing

Beaches & Parks

As you drive down the Highway toward Olowalu, there are a couple of small roadside beaches after the tunnel that are okay for swimming and snorkeling. **Papalaua Wayside Park**, near Mile Marker 11, has good snorkeling if you park near the mile marker sign. You may have to swim out far to see turtles, fish and other sea life, but don't stay too

long. There's much better swimming and snorkeling as you get closer to Olowalu.

The next beach you'll see is **Ukumehame Beach County Park**, where the swimming and snorkeling are fair. This beach has picnic tables, barbecue pits, restrooms and a tiny lawn for sunbathing.

At Mile Marker 14, you'll see some more cars. This is a popular snorkeling spot, mostly because there is a turtle-cleaning station about 50 to 75 yards offshore. "A turtle-cleaning what?" you might be asking yourself. Well, the coast of Maui is dotted with these – areas where sea turtles congregate, along with algae-eating fish that pick small parasites off their backs.

Besides the one here, there's another one at Canoe Beach on the southern end of Ka`anapali Beach. Keeps your eyes open for others when snorkeling along the shores of Maui.

When you finally get to the small town of Olowalu, don't blink or you'll miss it. The town consists of a small general store and a fabulous French restaurant called Chez Paul.

Where to Eat

> **Tip:** Grab a smoothie at the roadside **Olowalu Juice Stand**. Their secret to a fabulous drink is that they use fresh fruit from their on-site garden and then sweeten it with freshly squeezed cane juice.

Chez Paul, 820 Olowalu Road, ☎ 808-661-3843. Open nightly for dinner from 5:45 to 9 pm. Hawaii's oldest French restaurant, all by its lonesome on the side of the road in Olowalu between Kahului and Lahaina, is definitely worth the drive from whatever direction you're coming. Reservations are highly recommended for this romantic dining destination, where Chef/Owner Patrick Callarec will impress you with his majestic cuisine. Choose from a cold appetizer, such as oven-roasted eggplant with locally grown village tomatoes served with Provence herbs, or a hot pupu, such as escargot. For entrées, it's hard to choose between meat dishes, such as sautéed cut of filet mignon with a green, pink and black peppercorn brandy cream sauce, or a seafood entrée, such as fresh fish poached in champagne with leeks and capers. If you're lucky, Kona lobster, when available, is prepared personally by the chef. $$$$

■ Lahaina

Orientation

Lahaina is a friendly town that draws in visitors with its easy-to-navigate layout, fun and unique shopping and its ocean-side location. Start your trip at the Banyan Tree, where you can gather your bearings, pick up a map next door at the Lahaina Visitor Center and begin your historical tour of this fascinating town.

Information

The **Lahaina Visitor Center**, 648 Wharf Street, ☎ 888-310-1177 or 808-667-9193, www.visitlahaina.com, is inside the Old Lahaina Courthouse at Banyan Tree Park facing Lahaina Harbor. Visitors can pick up cultural and historical information as well as current event listings. There is also a retail gift shop with shirts, hats, handmade crafts, jewelry and glassware, posters and artwork, tapes and CDs. The center is open daily from 9 am to 5 pm.

Planning Ahead: Halloween is legendary in Lahaina and you need to book a room a year in advance. Front Street is closed to vehicular traffic from 4 pm to midnight and the area is full of crazy costumes, great live entertainment at the restaurants and a street scene comparable to Mardi Gras in New Orleans. The night begins with a costume contest for the kids and ends with whatever-goes. Be wary, though, because the law is in full force and they don't tolerate reckless behavior. For more information on this event, ☎ 808-667-9194 or 808-667-9193.

Internet Access

Jungle Joose Internet Café, ☎ 808-661-5227, in the Wharf Center in Lahaina (next to the theater) has great deals – $10 for 125 minutes, $20 for 333 minutes or $40 for a month of unlimited access. You can also visit **Swiss Café**, ☎ 808-661-6776, at 640 Front Street, for snacks and Internet use.

PARKING

Parking in Lahaina is notoriously bad. The best bet is to get there early in the morning or go at low season. I've gotten wharf-front parking for quarters during the low season. Even during the high season of Christmas or summer, I've managed parking at the "honor system" parking stalls that trust you to put money in the machine and then put a parking decal on your windshield.

You should take your time and enjoy the walk up and down the whole strip to get a real feel of Lahaina, so just start from where you parked, go up and down the thoroughfare and return to your car a couple of hours later.

There are several pay lots ranging from 50¢ for a half-hour to all-day parking for $8-10. Pay lots on Front Street are between Papalaua and Lahainaluna streets, on the corner of Dickerson Street and underground at the 505 Front Street shopping center.

If you don't mind walking a few blocks, there is a free parking lot (three-hour limit) at the far south end of Front Street, between the banyan tree and 505 Front Street. Another free lot is on the corner of Front and Shaw streets, for the users of Malu`ulu O Lele Park. Still another free lot is hidden between Front and Waine`e streets. From Waine`e, turn on Dickenson Street and right before Take Home Maui, turn right on Luakini Street, a one-way street. The free lot is on the right.

Other lots are free for customers, including the three lots on Papalaua Street. Largest is the Lahaina Shopping Center lot with two free hours if you have validation from their shops. Then try the Lahaina Center across the street, which allows four hours with validation. At the Lahaina Square lot on Papalaua and Waine`e streets, you can park for two hours if you're a customer.

Getting There

SpeediShuttle, ☎ 877-521-2085 or 808-661-6667, www.speedishuttle.com, travels between Kahului Airport and most major resorts daily from 5 am to 11 pm. The prices are reasonable ($38 for roundtrip service to Lahaina) and the shuttles are very reliable – be ready because they're NOT on island time!

Money Saver: You can save 10% on your shuttle fare with SpeediShuttle if you book online.

Getting Around

Taxi service is available island-wide through **Royal Taxi**, ☎ 808-874-6900.

There are some interesting tour choices in the Lahaina area, all of which are fun for families. **Lahaina Honu**, ☎ 808-662-4668, www.lahainahonu.com, is a huge, yellow amphibious-looking open-air tour vehicle offering 1½-hour land/ocean scenic tours of the West Maui Mountains, neighboring islands and Lahaina. This is a very fun, attractive way for kids and adults to explore West Maui. First, you travel through historical Lahaina by "bus"; then the bus changes into a boat, entering the waters at Mala Wharf and you cruise through Lahaina Harbor. The tours depart from Lahaina harbor twice a day Monday and Tuesday and Saturday and three

times daily on Wednesday, Thursday and Friday. This tour costs $30 for adults and $15 for children under 16.

For more family fun, consider taking a ride on the **Sugar Cane Train**, ☎ 800-499-2307 or 808-667-6851, www.sugarcanetrain.com, an old steam engine that travels from Lahaina to Pu`ukoli`i (north of Ka`anapali). The locomotive chugs along the six-mile stretch of track while the conductor sings and points out interesting sites, including panoramic views of neighboring islands and the West Maui Mountains. You may even see a real-life hobo! Round-trip fares for adults are $15.95, for children ages three-12 are $9.95 and children under three ride for free. The Sugar Cane Train runs from 10:15 am until 5 pm.

Several companies rent out exotic vehicles, mopeds and Harley Davidsons. **Hawaiian Riders**, 196 Lahainaluna Road, ☎ 808-662-4386, www.hawaiianriders.com, rents Harleys and mopeds for a couple of hours, half a day, a whole day or by the week. They also have some exotic vehicles, such as Corvettes, Porsches and BMWs.

Island Riders, 126 Hinau Street, ☎ 661-9966, www.islandriders.com, also has exotic vehicles and Harley Davidsons for rent. Choose from a Ferrari Spider, Porsche or a convertible Corvette.

Aloha Toy Store, 640 Front Street, ☎ 808-662-0888, will pick you up at your hotel and take you to their shop, where they have a huge selection of exotic vehicles and Harleys.

History

Lahaina is rich in history, having gone from a fishing village, to whaling capital of the Pacific, to supplier of goods and staples to the sugar plantations, and finally to the tourist mecca it is today. The great King Kamehameha made Lahaina his seat of government after the conquest of Maui in a famous battle near `Iao Needle. Lahaina was the capitol of Hawaii from 1820 until 1845. The missionaries settled here in the mid-1800s, launching their efforts to convert Hawaiians to Christianity.

The port was also a huge whaling center, with as many as 400 ships anchoring off Lahaina. The town remained the royal capital until 1845, when Kamehameha III moved the capital to Honolulu. The whaling industry was at its peak in the 1940s and hundreds of ships were in Lahaina during those years. Sailors roamed the narrow streets 24 hours a day and Lahaina was considered one of the Pacific's wildest ports.

Lahaina was also home to Hawaii's royalty, called *ali`i*, including Kamehameha the Great, who built the first brick house in Lahaina for his royal residence.

Shopping

Lahaina's downtown area, centered around the main drag of **Front Street**, is an eclectic collection of shops, galleries and boutiques, where you can pick up anything from a kitschy fake puka shell necklace to a collectible edition of James Mitchner's classic book, *Hawaii*. As you cruise along the brick-lined avenue, passing everything from a tattoo parlor to a scrimshaw shop, you'll encounter street performers, preachers and an opportunity to have your photo taken with a friendly parrot.

Your best bet is to stroll the 1½ miles of shops and restaurants on Front Street at a leisurely pace. Plan to spend a whole morning or afternoon and enjoy the walk along the ocean, where you can look out and see the neighboring islands of Lana`i and Moloka`i.

Maui Forever: Want to remember your trip forever? Visit **Skin Deep Tattoo**, ☎ 808-661-8531, at 626 Front Street (across from the Banyan Tree) for a permanent reminder. They have been in business for over 27 years and use only single-use needles in their artwork.

The newest shopping center to emerge on Front St is **Six Fathoms**, which houses **Maui Hands**, ☎ 808-667-9898, an

interesting collaboration of local artists, **Moonbow Tropics**, ☎ 808-667-7998, www.moonbowtropics.com, with island-style clothing and gifts; and the headquarters for the **Pacific Whale Foundation**.

At the **Maui Mercantile**, 709 Front Street, ☎ 808-661-1174, you can pick up a hand-painted coconut to send home or browse through their selection of Hawaiian accessories, such as tiki glasses and hula girl candles.

Love geckos? Don't miss the **Gecko Store**, 709 Front Street, ☎ 808-661-1078, which has gecko everything. Cruise the sand-covered floor while sorting through gecko apparel, toys, magnets and much more.

Lahaina Scrimshaw, 845 Front Street, ☎ 808-661-8820, has an interesting collection of this ancient art used by whalers in the 1800s. To bide time while on the boats the whalers carved whales' teeth using a knife or needle and then rubbed the carving with ink or soot to accentuate the carving. Check out the extensive collection of classic scrimshaw carvings and other works of art at this fascinating shop.

Want to bring some Maui home with you? Check out **Take Home Maui** at 121 Dickenson Street, where you can pick up Maui pineapples, papayas and onions that are already packed to take on the airplane back home. Pick them up there or have them delivered to your hotel or to the airport. They also have Maui-made sauces and dressings. If you're thirsty, grab a smoothie or a cup of ice-cold coconut juice. For more information, ☎ 800-545-6284.

For over 600 varieties of wine and more than 20 beers, head up Dickenson Street toward the mountains and turn left on Waine`e Street to find **Mr. Wine**, 808 Waine`e Street, ☎ 808-661-5551. This deluxe wine shop is small but wide-ranging and the employees are friendly, knowledgeable and helpful. They have over 300 wines priced at $20 or less. The shop is open from 11 am to 7 pm Monday through Saturday and they also have cigars and Hawaiian music.

Don't overlook the cute shopping center called **505 Front Street** at the south end of Lahaina. It houses two dozen shops, including boutiques, galleries and jewelry stores. I especially enjoyed **Maui To Go**, an arts and craft store featur-

ing local artists, such as Bebe Aschard Rose, who makes collages with objects pulled out of the ocean. **Maggie Coulombe**, ☎ 808-662-0696, www.maggiecoulombe.com, designs dresses, which are now being worn by the Hollywood set, making the designer a Maui celebrity. Her exotic, colorful, flowing designs can be seen in her tiny shop where the empire started. There's a collage of news clippings and international magazine covers showing how her designs have impacted the fashion world. The shopping center also has a couple of surfing schools and is home to the Pacific'o and I'o restaurants.

Tucked away in a cramped store in the alley across from Kimo's Restaurant is the **Old Lahaina Book Emporium**, 834 Front Street, ☎ 808-661-1399, usedbk@gte.net, where they have over 20,000 titles. Looking for something to read while lying on the beach? Or something on the history of the fabulous island you're exploring? Visit this shop. JoAnn Carroll, the proprietor, also has over 5,000 rental videos available with a heavy emphasis on pre-1950s and silent films. This unique bookstore is open from 10 am to 9 pm Monday through Saturday and 10 am to 6 pm on Sundays.

The **Old Lahaina Center** is a trendier mall but parking can be tricky – you have to enter through a gate. Parking is free only if you get your ticket validated (not a place to browse!). This is where you'll find Foodland, Starbucks, Nagasako Dell & Wiki Mart (basically a convenience store), Lahaina Pharmacy and a cluster of restaurants.

When trekking down Front Street, make sure you pass the Hard Rock Café and hit the Lahaina Center. Lots of people stop and turn around at the Hard Rock, missing out on this more modern mall, home to the Front Street Theatres, Ruth Chris' Steak House, Hilo Hattie, the Gap and Banana Republic. The center is home to Hale Kahiko, a 10,000-square-foot replica of a Hawaiian village with life-sized houses, an *imu* and ancient tools. This is a great way for kids to learn about Hawaiian history. Hale Kahiko is open daily from 9 am to 6 pm, with free guided tours Monday through Friday. The shopping center also has free hula shows at 2:30 on Wednesday and 6 pm on Fridays. Parking is free with validation.

At the north end of town is the **Lahaina Cannery Mall**, ☎ 808-661-5304, www.lahainacannerymall.com, which was

once a massive pineapple cannery and is now a trendy but often quiet shopping spot. It has a Longs drugstore and a 24-hour Safeway, in case you forgot anything while packing. **Sir Wilfred's Retail Store**, ☎ 808-667-1941, www.sirwilfreds.com, has been on Maui since 1976 and has high quality coffee, cigars, pipes and Hawaiian-made gifts. If you're looking for a hat to help protect your face from the hot Lahaina sun, don't pass up **Hats Galore & More**, ☎ 808-661-5999. The mall also has a free *keiki* hula show at 1 pm Saturdays and Sundays. For its Tuesday night entertainment, the air-conditioned center rotates different groups of dancers for the 7 pm show. Some weeks it's hula, other weeks it may be Polynesian or multicultural.

New to the mall is **Banana Wind**, ☎ 808-661-1600, www.bananawindhawaii.com, which offers an interesting array of tropical home accessories. Owner/trader Nina Mehring has divided this store into different departments, each with it's own tropical theme, such as coastal living, Zen, Gilligan Provisions and Wild Tike Barwear. You can also purchase bedding, tableware, present-wrapping supplies and shells sold by the pound. These exotic, beach-focused items will soon be available over the website.

> **Time (& Patience) Saver:** There is a shuttle that connects Lahaina and Ka`anapali areas with hotels and resort destinations. This may be a life (or relationship) saver as parking and traffic is difficult in crowded Lahaina. ☎ 808-661-5304 for more information.

Art Galleries

Lahaina's art galleries feature local artists as well as artists from around the world. Don't miss **The Wyland Gallery** at 711 Front St, or **Galerie Lassen** at 700 Front St for amazing prints of whales and dolphins. Also visit the **Robert Lyn Nelson Studio** at 802 Front St. He is famous for his "two world" oceanic paintings above and below the water.

Lahaina Galleries at 728 Front Street is one of the oldest galleries on the island and features many artists, such as

Dario Campanile, who applies the techniques of Salvador Dali to his own dreamscapes. The gallery also features Guy Buffet whose irresistible portraits of waiters, chefs and sommeliers have made him the office artist for Champagne Perrier-Jouet.

Martin Lawrence Galleries, ☎ 808-661-1788, www.martinlawrence.com. This interesting gallery has original paintings, sculptures and limited editions by such artists as Pablo Picasso, Keith Haring and Andy Warhol.

Celebrities Art Gallery at 746 Front Street, ☎ 808-667-0727, www.celebretyfineart.com, is a fun place to cruise and check out. They have artwork by John Lennon, as well as dozens of artifacts.

Visit the **Old Jail Gallery**, where paintings and artifacts are held behind bars. The Gallery is run by the Lahaina Art Society and is in the old county courthouse jail downstairs. The society has its main Banyan Tree Gallery on the first floor.

Friday night is "Art Night" in Lahaina, where merchants and gallery owners stay open late and feature special gallery shows, with artists, art in action, strolling musicians and refreshments. Art Night is held from 7 to 9 pm and is free.

Sightseeing

With its colorful past and beautiful setting, it is no surprise that Lahaina is Maui's most popular town. The small port has managed to preserve its 19th-century heritage while still accommodating 21st-century visitors. With a hot and dry climate (Lahaina means "Cruel Sun"), Lahaina is attractive to visitors and the shopping, dining and historical attractions provide an endless stream of things to do.

Where drunken sailors and derelict whalers once roamed is now a busy commercial and historic gold mine concentrated

around the main thoroughfare of Front Street. With views of the Pacific Ocean and and the West Maui mountains, strolling through the narrow streets of Lahaina is a great way to spend the day.

Lahaina itself is a National Historic Landmark and is also protected as a Maui County Historic District. Approximately 55 acres of the town has been set aside as a historic district containing several sites designated National Historic Landmarks. The Lahaina Restoration Foundation (☎ 808-662-0560) is housed in the 1834 Masters' Reading Room at 120 Dickenson St and is dedicated to the restoration of old buildings and landmarks.

The Banyan Tree

Start your visit to Lahaina with a visit to this famous landmark. I had a friend who said she and others had trouble finding this HUGE tree in the middle of town. I find that hard to believe, but just in case – it's at the corner of Hotel and Front Streets. If you still can't find it, ask anyone on the street and they will point you in the right direction. Planted on April 24, 1873 by Maui Sheriff William O. Smith to mark the 50th anniversary of Lahaina's first Christian mission, the then eight-foot-tall tree from India has grown to be more than 50 feet tall with 12 major trunks. It shades over two-thirds of an acre in Courthouse Park, measures nearly a quarter-mile in circumference and is truly the heart of Lahaina. It's so big that, theoretically, you could play tag on the upper limbs of the tree and never have to touch ground. The tree is the largest in the state of Hawaii and every evening becomes the roosting place for most of the local mynah bird population. If you still haven't found the tree at this point, you will be able to hear it. The tree comes alive at sundown with the loud cawing of these birds.

The Carthaginian II

This restored steel-hulled ship is a replica of a 19th-century whaling ship typical of the kind that brought the first missionaries to Hawaii. Now a floating museum dedicated to whales and whaling, the *Carthaginian II* was brought to Lahaina from Denmark to replace the original *Carthaginian* that was lost at sea. Until recently the *Carthaginian II* was open for visitors but, at press time, Atlantis Submarines was trying to sink the ship 3,100 feet offshore from Puamana Beach Park south of Lahaina for use as an artificial reef.

The Brick Palace

In 1802 Kamehameha came to Lahaina to plan an attack on Kauai. During his year-long stay, he had two ex-convicts from Australia build the "Brick Palace" to welcome the captains of visiting ships. The Brick Palace measured 40 by 20 feet, was two stories tall and partitioned into four rooms. Unfortunately, all that is left is the empty site, as all of the materials used to build the palace have disintegrated or been moved.

To the right of the Brick Palace site is **Hau`ola Stone**, a chair-shaped formation believed by the Hawaiians to have curative powers if you sit on it and let the waves wash over you. According to legend, the stone is believed to have been a woman fleeing her enemies when the gods turned her into a stone. This site is best seen at low tide.

Pioneer Inn

George Freeland, a dedicated member of the Royal Canadian Mounted Police who first visited Maui while on a police mission, built this historic inn in 1901. He had traced a notorious criminal to Lahaina, fell in

love with the town and, like many of us here now, decided to stay. As Lahaina wasn't a major tourist area yet, Freeland built the inn (first called the Pioneer Hotel), a service station and a movie theater that became the popular Pioneer Theater. This two-story rectangular landmark building, with its domineering red roof, is in the center of all the Lahaina action. In fact, it was the only hotel on West Maui until the 1950s. Boy, if those walls could talk! You can still stay at the Pioneer Inn, which is owned and operated as a Best Western hotel, and there is a restaurant and a bar inside that are decorated with whaling and other Lahaina memorabilia.

Baldwin Home

The Baldwin Home is a must-see for history buffs. The home is the oldest house still standing in Lahaina. Built in 1834, it served as the home of missionary and physician Rev. Dwight Baldwin of Durham, Connecticut and his wife from 1838 until 1871. The Baldwins had six children, forcing them to keep adding on to the original structure. The two-story house was built with thick walls of coral, stone and hand-hewn timbers and served as a medical office and a center for missionary activity. The house itself still looks as it did back in the old days; you will see the same furniture that the Baldwins used, as well as aged photographs and various odds and ends. One of the more amusing artifacts is a sign posting the doctor's fees, depending on the "size of sickness": Very big $50, diagnosis $3, refusal to pay $10.

Restored by the Lahaina Restoration Foundation, the Baldwin Home, ☎ 808-661-3262, is open daily from 10 am to 4 pm. Admission is $3 for adults, $2 for seniors and $5 for families.

Masters' Reading Room

On the corner of Front and Dickenson streets, the Masters' Reading Room was built in 1834 through the efforts of the

missionaries, masters and officers of visiting ships so that they would have a place to stay when they visited Lahaina. It was a popular hangout for seamen after the missionaries closed all of the liquor stores and banned prostitution.

The lower portion of the two-story building was used for sundry purposes of the mission; the top floor was the reading room. Its unique coral block and field stone construction has been preserved by the Lahaina Restoration Foundation and looks just at it did when originally built.

Hale Pa`aheo

Lahaina's oldest prison is also called "the stuck-in-irons house," so-named because of its standard wall shackles and ball-and-chain restraints. The prison house was built of wooden planks in 1852 and had separate quarters for men and women. Interestingly, most prisoners were there for deserting ship, drunkenness, working on the Sabbath or reckless horse riding. The structure is maintained by the Lahaina Restoration Foundation and is frequently rented out for community use. Hale Pa`aheo is open daily for visitors and admission is free.

Lahainaluna School

When in Lahaina, you can't miss the huge "L" (I thought it was for Lahaina) etched into Mount Ball on the mountain side of the town. The sign is behind Lahainaluna School and is close to the gravesite of the great Hawaiian intellectual David Malo, who is considered one of the school's most famous students. The "L" is engraved in the red dirt of Mount Ball and was put there by Lahainaluna graduating students in 1904. Every spring, alumni from all over come to surround the mark with tike torches (quite a sight from town). They clean up the site and clear away brush so the "L" is always visible from afar.

The Lahainaluna school is the oldest American school west of the Rockies. The Congregationalist missionaries opened it in 1831. Today the school is West Maui's public high school.

You can get to Lahainaluna by heading up the mountain on Lahainaluna Road for about two miles. On the left you'll pass the Pioneer Sugar Mill, which ceased operation in 1996.

Churches & Temples

These range from Buddhist temples to churches where the hymns are sung in Hawaiian.

On Waine`e Street just past the cemetery is **Waine`e Church**, the first stone church in Hawaii. It was built in 1823 and could pack in 3,000 people. The church was destroyed by a hurricane in 1858. It blew the roof off and picked up and deposited the church's bell 100 feet away.

The structure was rebuilt but destroyed again in 1894 when it was burned down by an angry mob protesting the abolition of the monarchy in Hawai`i and the islands' annexation by the United States. The church was rebuilt again and destroyed once more in 1947, this time by fire, only to be rebuilt and destroyed by another windstorm in 1951. The current church has been standing since 1953 and when you visit you can walk around to the back of the building to view some of Lahaina's oldest palm trees.

Holy Innocents Episcopal Church. Episcopal missionaries, who first came to Lahaina in 1862, built a church across the street from the current building, on Front Street. In 1909 the church moved to its present site, which once was a thatched house built for the daughter of King Kamehameha I. The present church features paintings of a Hawaiian "Madonna."

On Waine`e Street, the **Maria Lanakila Church** is the site of the first Roman Catholic Mass in Lahaina. The current church is a replica of the structure first built between 1856 and 1858. The church was built despite many of the original missionary families and their followers who opposed the arrival of Roman Catholic priests in 1846.

Hongwanjii Temple. This Buddhist temple, on Waine`e Street between Prison and Shaw, was originally built in 1910.

The current building was constructed in 1927 and also houses a language school.

Wo Hing Temple. On Front Street, this was constructed as a social and religious hall for Chinese living and working in the area. Built in 1912 and recently restored by the Lahaina Restoration Foundation, it has been placed on the National Register of Historic Places. The temple contains displays and artifacts on the history of the Chinese in Lahaina. Next door in the old cookhouse is a theater with movies of Hawaii taken by Thomas Edison in 1898 and 1903. The temple is open daily from 10 am to 4:15 pm.

Lahaina Jodo Mission. After dealing with the crowds of Lahaina, you may want to get away to this mission on Pu`unoa Point. Surrounded by beautiful, serene and impeccably manicured grounds, this temple is also the home of a statue of the Great Buddha. In fact, at 12 feet high and weighing 3½ tons, it is the largest Buddha statue outside of Japan. The giant seated Buddha was brought over from Japan in 1968 to commemorate the centennial of the arrival of Japanese workers in Hawaii.

The temple is away from downtown and to the north on Ala Moana Street. Just look for the three-tiered wooden pagoda and take a peaceful break from the chaos.

Across the street is the Pu`upiha cemetery, where the headstones sit in random spots and are covered in sand.

Parks

History buffs should be fascinated with the story behind **Malu`ulu O Lele Park**. Now a softball field on Front Street, over a hundred years ago it was the royal compound of King Kamehameha III and the love of his life, his sister Princess Nahienaena. Instead of the siblings marrying and having children (which was common among Hawaiian nobles), they were torn apart by the new Christian morality. As a result,

Nahienaena, left, grew despondent and died at age 21. She was buried at the site, while Kamehameha III continued to reign as king. Eventually the government moved to Honolulu. Kamehameha died in 1854 at the age of 39 and in 1918 the royal compound was demolished and covered with dirt to create a public park.

Friends of Moku`ula, www.mokuula.com, is a non-profit organization trying to bring the historical and cultural significance back to the park. They consider the site a *piko*, or spiritual center of life. It is believed that the Royal Mausoleum, thought to contain the remains of King Kamehamema's mother, sister and children, lies beneath the park. The site was placed on the National Register of Historic Places in 1997.

Historical Tour: Maui Nei, a cultural tourism company, offers walking tours through Lahaina with local guides taking visitors to over 20 sites, including archeological areas and monuments left by Hawaiians and the settlers who came to Maui later on. For more information, ☎ 808-661-9494 or visit www.mauinei.com.

Kamehameha Ika Park. Across the street from Malu`ulu` O Lele Park was the site of Hale Piula, an unfinished royal stone palace built in the late 1830s for King Kamehameha III. The stones were later used to construct the old courthouse and the land is known as Kamehameha Ika Park.

The park is the location of the **International Festival of Canoes**, held the

last two weeks of May. A 62-foot, double-hulled sailing canoe, *Mo`o Kiha*, sits at the site and is considered by the cultural group Hui O Wa`a Kaulua to be "Maui's flagship of Hawaiian culture and goodwill." For more information, visit www.mauicanoefest.com or ☎ 808-667-9175 or 888-310-1117.

Beaches

Lahaina isn't known for its fabulous beaches. We'll leave that to Ka`anapali and Kapalua to the north. But there are some worthwhile beaches and parks to explore while you're in the area.

I've listed them in the order you'll pass them as you drive north from Ma`alaea up towards and through Lahaina.

Launiupoko State Wayside Park. This is also a great beach for a picnic. Park under the trees. Be wary when swimming – sharks have been known to frequent the area. The beach also has a small kiddie pool made out of sand.

Puamana Beach County Park. This beach is two miles before you enter Lahaina, coming from Olowalu, about a mile north of Launiupoko State Wayside Park. It's not the huge, golden beach that you saw in the brochures, but it is a nice place to sit by the ocean and eat lunch at the picnic benches.

505 Beach. This is what the beach in front of the 505 Front Street stores is called. It's a small stretch of beach but in Lahaina, that's a rarity.

Wahikuli State Wayside Park. Right on the highway between Lahaina and Ka`anapali, this beach is popular with the locals. It has a rocky shore but is still known as a good swimming spot. There are three separate entrances and parking lots. Stick to the northern end of the beach where the swimming and snorkeling are best. The facilities include restrooms, showers, pavilions, grills and picnic tables.

Adventures on Water

Boss Frog's Dive & Surf, 150 Lahainaluna Rd, ☎ 808-661-3333, has everything you need for a great snorkel or dive trip. They also have information on various snorkel, scuba and snuba trips, as well as an information desk where you can book any Maui activity.

Boating

Most Lahaina companies offer several tours a day, ranging from snorkel or sailing cruises around Lahaina, or all the way to Lana`i, sunset dinner or cocktail cruises and, in the months of December through March, whale-watching tours. All tours leave from Lahaina Harbor behind the Banyan Tree and the Pioneer Inn. Ask the tour operator where you should park as many companies have designated spots or can offer you hints on where to park in busy Lahaina.

> **Author's Tip:** If you are prone to seasickness, non-prescription medications can help if taken at least 30 minutes before your excursion. Natural alternatives include crackers, dry bread, papaya and ginger.

Snorkeling Tours

There are dozens of snorkeling outfitters that promise you the best snorkeling trip ever. Most cruises leaving Lahaina head toward Lana`i, while those leaving Ma`alaea go to the crescent-shaped crater called Molokini. If you want to see fish in a more natural habitat where you can really explore the area and watch the fish, visit Lana`i.

I prefer smaller tours, with a more intimate setting, where you can actually talk to people and the water is less crowded. These are generally more expensive than the larger boats, which pack people on. If the snorkeling isn't good in the waters around Lana`i, the captain and crew will try other spots in the Lahaina area, looking for the calmest and clearest waters.

Whale-Watching

The **Pacific Whale Foundation** sets up a Whale Information Station at McGregor Point on Route 30 between Ma`alaea and Lahaina from December 1 through May 15 and is one of the best places to watch these magnificent crea-

tures. The station, between Mile Markers 7 and 8, is open from 8:30 am to 3:30 pm daily.

The following tours are held during the prime whale-watching season, from mid-December through mid-May.

GUIDE TO WHALE-WATCHING

A **breach** is when a whale brings its whole body out of the water, usually twisting and then falling back into the water. This spectacular display only takes two beats of their flukes. Breaching is thought to be either a form of communication, a way to dislodge parasites, a learning behavior for calves or simply play. A **spy hop** is when the whale raises its head out of the water and looks around as if he were "spying." A **tail slap** is when the whale brings its tail flukes down on the water, creating a splash. A **pec slap** is when the whale is on his side, and slaps its pectoral fin repeatedly on the surface. A **head slap** is thought to aid in visibility and is when a whale slaps his head down and then lunges into the water, sometimes in the path of another whale.

"Sunset Sails" are shorter tours usually involving an open bar (mai tais for everyone!) and live entertainment while you watch the sun set from Lahaina Harbor. Dinner, drinks and live entertainment are offered on these nightly cruises.

Trilogy, ☎ 888-225-6284 or 808-874-5649, is the undisputed master and commander of Maui snorkel/whale-watching/sail/scuba tours. They've been around for 31 years and offer a huge variety of excursions.

I had heard unfavorable things about this company – that they hired too-young crews and the service wasn't up to par. I found this to be completely untrue and quite the opposite. The crew was very professional, well dressed and very knowledgeable (with the exception of one junior crew member who pointed to Lana`i and said it was the site of "some archeological stuff." I forgave him as it was 6 am and I wasn't quite on my toes either). The company started way back when with their "Discover Lana`i" tour, which has evolved into sunset

tours to the island, as well as an overnighter trip with a stay at the luxurious Manele Bay Hotel or The Lodge at Koele. They also have an "Ultimate Adventure in Paradise" all-day trip to Lana`i, which includes a Jeep safari on the island and a champagne homecoming at sunset. Their website, www.sailtrilogy.com, is very informative and easy to navigate. You can even download your name in nautical flags, such as the ones that *Trilogy* uses in their logo.

I went on the original "Discover Lana`i" tour, which is a nine-hour extravaganza leaving from Lahaina Harbor at 6:30 am (check in by 6:15). Park at the special Trilogy parking lot ($5) on Dickenson Street and then meet at the harbor (excuse the sleeping homeless man who seemed oblivious to the crowds standing just feet away from him) where the friendly and quite-perky-for-sunrise crew helps you onto their catamarans and serves coffee, Mom's homemade cinnamon rolls and fruit.

You can be busy every second of the day if you wish, but if you just want to sit on the beach for the rest of the morning, so be it. At around 11 am, you have the option of taking an hour-long air-conditioned van tour of Lana`i, driven and narrated by a Lana`i native (ours was in her mid-30s, had never been to the mainland and travels to other islands to eat McDonalds). The trip, which includes drive-by viewings of The Manele Bay Hotel and The Lodge at Koele, loops around the rectangular area that makes up Lana`i City. Afterwards, all visitors meet again at the covered pavilion at Manele Small Boat Harbor for an all-you-can-eat feast with kiawe-barbecued chicken, stir fry noodles, peas, salad and bread, all served by the crew as one crew member plays the ukulele and sings. On the ride home, the sails are set and the catamaran cruises with the wind. Water, juice and sodas are available at all times on the boat but keep in mind this is a "dry" tour and not one of those booze cruises. The whole experience costs $169 per person; half that for children three to 15. The Wild Dolphin Safari and introductory scuba dive are an extra $60 each.

The Pacific Whale Foundation, ☎ 800-942-5311 or 808-249-8811, www.pacificwhale.org, provides educational and informative whale-watching tours that focus on protect-

ing the whales and other sea animals and their environments. The company offers many trips leaving from Lahaina, including a two-hour sunset cocktail cruise at $50 for adults and $40 for kids, a sunset dinner cruise aboard Ocean Quest at $80 for adults and $50 for kids, whale-watching, and a snorkeling trip to Lana`i for $75 adults and $30 kids.

The Island Marine Institute, ☎ 866-403-6284 or 808-661-8397, www.whalewatchmaui.com, uses the Maui Princess fleet of catamarans for their whale-watching tours. They have their trademark "Whale Cam," which shows video of the whales underwater. Onboard experts will answer your questions about the humpbacks during any of the four daily two-hour tours. Prices range from $19 to $31 for adults and $12.50 to $17.50 for kids under 16.

The Maui Princess, ☎ 877-500-6284, www.mauiprincess.com, has a dinner and sunset cruises from Lahaina or on one of the larger boats in the harbor. Choose from roasted chicken or prime rib for dinner, which is served to you. There's an open bar and dancing is encouraged. The trip runs from 5:30 to 8 pm (check in at 5 pm) and costs $79 for adults and $59 for children. They also have a cruise to Molokini from Lahaina. For each paying adult, one child can come aboard for free.

Quicksilver, ☎ 808-661-3333 ext. 27, offers two trips daily – one to Molokini and Turtle Town and another to Molokini and Lana`i. The catamaran has glass-bottom viewing and a waterslide.

The Spirit of Lahaina, ☎ 808-662-4477, has nightly 2½-hour dinner/sunset cruises along West Maui's beautiful coastline. You have your choice of a full dinner for $69 per person or just cocktails and pupus for $49 per person. The cruises leave at 5 pm and include an open bar, a hula show and contemporary Hawaiian music and dancing. *The Spirit of Lahaina* also offers a two-hour whale-watching tour twice daily at 10 am and 12:30 pm. They guarantee whale sightings from January 3 to April 30, when they offer you a free cruise if none of the mammals is sighted.

If you're lucky, you'll catch Eric Pietsch, who is often off-island touring on the mainland. When he's in town, he entertains the crowd during the sunset cruise aboard ***Kaulana***, a

70-foot double-decker catamaran. He plays Jimmy Buffet songs as well as old classics, such as *Brown-eyed Girl* and Bad *Bad Leroy Brown*. He also throws in some of his own songs, with titles such as *Tequila Makes My Clothes Fall Off*. ☎ 808-667-9595 for more information or to make a reservation.

Ocean Rafting

Hawaii Ocean Rafting, ☎ 808-661-7238, has half- and full-day snorkel tours on their large semi-covered ocean rafts. They try various spots, looking for the smoothest ride and the best snorkeling. The weather is hard to predict. When we left, it was cold, windy and rainy at the harbor, but beautiful once we left Lahaina. We then went to the waters around Lana`i to go snorkeling and on to Launiupoko Park south of Lahaina, where the water was crystal clear and we could see plenty of fish, eels and turtles. Turtle viewing is sporadic – one day you'll see 45, the next day none at the very same spot.

Ultimate Rafting Adventures, ☎ 808-667-5678, www.ultimatewhalewatch.com, offers whale-watching and snorkel tours from their huge inflatable motorized rafts.

Sailing

Ever wonder what it's like aboard a racing yacht? In Lahaina you can ride with ***America II***, the 65-foot yacht that challenged famed sailor Dennis Connor in Australia in 1987. The crew recreates the excitement of the race during the tours, which include a whale-watch, sunset sail or an afternoon tradewind sail. ☎ 808-667-2195 for your chance to ride on a maritime legend.

If catamarans are more your style, try **Paragon Sailing Charters**, ☎ 800-441-2087 or 808-244-2087. Paragon offers whale-watch tours, a sunset champagne tour and a Lanai snorkel and picnic trip from Lahaina.

Submarine Rides

Want to see all of Maui's wonderful waterworld but not get wet? ***The Reefdancer***, ☎ 808-667-2133, offers viewing tours on their submarine-like boat which leaves from Lahaina Harbor and stays in shallow water. All seats in the air-conditioned underwater cabin have front-row window views. A

diver swims alongside the boat and shows you the marine life, while an expert in the cabin tells you about the different underwater sights. There are one-hour and 1½-hour tours departing daily.

Another way to get the feel of snorkeling or diving without getting wet is to book a ride with ***Atlantis Submarines***, ☎ 800-548-6262 or 808-667-7940, www.atlantissubmarines.org, which leaves from slip 18 at Lahaina Harbor. As you descend to depths of 125 feet, watch fish and other creatures through the 2½-foot-wide windows.

Surfing

At the **Nancy Emerson School of Surfing**, ☎ 808-244-7873, at 505 Front Street Shopping Center, you can hone your skills or enter the water with a board for the first time under the guidance of an expert surfer.

Also in the 505 Front Street Shopping Center is the **Goofy Foot Surf School**, ☎ 808-244-9283, www.goofyfootsurfschool.com, which guarantees that you'll stand up on your board in your first two-hour lesson or the session is free. Since 1994, founder/instructor Tim Sherer and his crew have taught over 40,000 people how to surf. They offer group and private lessons as well as beginning surf camps, which are full-day lessons that include lunch and specialized instruction. The surf school also rents out surfboards, booties and rashguards. They don't take credit cards so don't forget your cash. Group lessons are $55 per person for two hours and private lessons are $125 per person for a two-hour session.

Adventures on Foot

Hiking

Hike Maui, ☎ 866-324-6284 or 808-879-5270, www.hikemaui.com, offers a hike to waterfalls in a remote forested valley in West Maui. The West Maui

hike is a longer one with bigger rainforests and more stream hiking than the company's East Maui tour.

> **Money-Saver:** Hike Maui offers a 10% discount on all on-line bookings (www.hikemaui.com) made seven days in advance. The website is easy to navigate and you get to listen to the sounds of waterfalls and chirping birds.

Where to Eat

The restaurants in this section are listed as you would see them coming up Front Street in Lahaina from the south.

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

The following five restaurants are located at the 505 Front Street shopping center (www.lahainashops.com or www.lahainarestaurants.com).

Breakwall Café, 505 Front Street, ☎ 808-661-7220. This small café is open for breakfast and lunch from 7 am to 2 pm. They serve coffee drinks, smoothies, bagels, salads and sandwiches. You can also check your e-mail or print out photos if you have a digital camera card. $

I'o, 505 Front Street, ☎ 808-661-8422, www.iomaui.com. Open from 5:30 to 10 pm for dinner. Considered one of Maui's chefs du jour, chef/partner James McDonald has quite a reputation in Maui for creating innovative dishes with a spectacular presentation. Pupus have names, such as "silken purse" (steamed wontons stuffed with peppers, mushrooms, spinach, macadamia nuts and tofu), and "Menage à Foie" (foie gras done three ways – terrine with mango truffle coulis, seared with poha berry chutney and tartare of tuna with foie and wasabi mayo). Entrées are just as enticing, with "Scallops ala Bondage" – Lion Paw scallops wrapped in jalapeño bacon, Japanese eggplant and Hawaiian-style rice with a ginger Ponzu cream sauce, or "crabby catch," a pan-roasted fresh fish

with crab over wilted greens and a roasted corn coconut sauce. $$$

Pacific'o, 505 Front Street, ☎ 808-667-4341, www.pacificomaui.com. Next door to I`o is another restaurant headed by Executive Chef James McDonald and the menu is just as creative. Casually situated overlooking the small beach in Lahaina, Pacific`o has outdoor dining in an open-air patio or inside the pleasant dining room. Lunch is first-class with salads, sandwiches and fish and chips, but just a tease for what is served later on in the day. Dinner is the shining star at Pacific`o, with entrées, such as a coconut macadamia-crusted fresh fish with a Thai peanut coconut sauce, sweet and sour glaze with a tropical fruit salsa or fish seared with house spices and served over wilted arugula, topped with warm avocado, Maui onion salsa, goat cheese crumbles, macadamia nuts with a soy bacon vinaigrette. "Bling Bling" is a combination of filet mignon and ginger butter-poached lobster with potatoes and tempura asparagus. Lunch $$; dinner $$$

Hecocks Restaurant, 505 Front Street, ☎ 808-661-8810, www.hecocks.com, is open for breakfast from 7 am to 1:30 pm, lunch from 11 am to 3 pm and dinner from 5 to 10 pm. There is a Happy Hour from 3 to 6 pm and then again at 9 pm to 1:30 am. Dinner specials include a 1½-lb Maine lobster for $18.95 on Mondays. The dinner menu has fish and seafood as well as chicken dishes (Parmesan or Marsala) and Italian cuisine, such as sausage rigatoni or ravioli with pesto cream or marinara sauce from Grandma Lapadura's family recipes. Hecocks is geared to the late night hospitality industry and often has a late crowd at the friendly wraparound bar. Breakfast, lunch, dinner $$

Gaby's Pizzeria & Deli, 505 Front Street, ☎ 808-661-8112. I can't quite figure this place out. There's never anyone around when I'm there but it must get busy because it has been around for a while. It's got a pleasant semi-dive décor (out of place in the trendy 505 Front Street shopping center), with a pool table, games and a jukebox. I've heard that the caterpillar roll is wonderful. Happy Hour is from noon to 3 pm and again from 9 to 11 pm, with great drink specials and pizza slices for $2.25. Dinner features whole pies, pizza rolls or

slices. Gaby's also has pupus, a salad bar, deli sandwiches and pastas. $

Swiss Café, 640 Front Street, ☎ 808-661-6776. This tiny tucked-away café is in the small series of shops across from the Banyan Tree. They have several computers with high-speed Internet and prices as cheap as 10¢ a minute. They have some of the cheapest food you'll find in Lahaina – a European-style breakfast consisting of bagels, croissants or egg, ham and cheese roll is less than $5. Cold or hot sandwiches are about $7 and served with salad and chips. They also have personal-sized pizzas with your choice of several toppings. The Swiss Café has a large selection of coffee drinks, smoothies and milkshakes. Keep in mind that they don't take credit cards. $

Cool Cat Café, in the Wharf Cinema Center, 658 Front Street, ☎ 808-667-0908, www.coolcatcafe.com, is open from 11 am to 10 pm. Frequently honored as serving the "Best Burger in Maui," this funky café upstairs has live music several nights a week. Dozens of people have told me that they have the best burgers. With names, such as Don Ho (bacon, Jack cheese, pineapple and sweet Hawaiian sauce), La Bamba (chili, cheddar, and sweet Maui onion), Jailhouse Rock (sautéed mushrooms, Jack cheese and grilled onions on a French roll) or the Marilyn Burger (Jack cheese and green Ortega chili), who can resist? They also have vegetarian burgers, cold and hot sandwiches, fish and chicken sandwiches, hot dogs and salads. Dinner entrées include baby back ribs, chicken dinners, a ribeye steak or fresh fish. Enjoy your meal or just have a cocktail while overlooking crazy Front Street in this open-air restaurant. $3 drink specials served every day with a different special daily. Try a mango margarita on Monday or a tropical monkey on Tuesday.

Front Street Grill and Bar (formerly a Whale's Tail), 672 Front Street, ☎ 808-662-3003, up a flight of stairs and next to the Wharf Cinema Center, is under new ownership and open for lunch and dinner. Lunch includes Caesar salads, fish, chicken and turkey sandwiches, plate lunches, burgers and a *keiki* menu. Dinner is a bit more upscale, with pupus, such as sashi (sashimi or sushi), sautéed Maui onions and mushrooms, and calamari and entrées, such as baby back pork ribs,

sirloin steaks, lobster tail, shrimp scampi, pasta dishes and even an "Atkins Link' with fresh fish or steak with salad and veggies. Happy Hour is from 3 to 5 pm with half-priced pupus, $2 drafts and mai tais and margaritas for $2.50. Lunch $; dinner $$

> **Caution:** Dollar drinks aren't as special as they sound since restaurants usually use the cheapest liquor, which may leave you with a headache. Try one for the novelty and then switch to your drink of preference.

Island Tacos is in the kiosk next to Paradize Bluz nightclub in the alley. Jason Lakman started his business as a late-night taco stand open from 10 pm to 3 am, but has expanded the hours to include lunch from 11 am to 4 pm. The premise is simple – tacos (choose from fish, chicken or pork) are $4 and sodas are $1. $

Pioneer Inn Bar & Grill, 658 Front Street, ☎ 808-661-3636, ext. 858. Breakfast is served daily from 7 am to 11:30 am and lunch/dinner from noon to 10 pm. Breakfast includes a papaya fruit boat, eggs Benedict and French toast. For lunch, try an appetizer, such as wok-seared sashimi, fried calamari, steamed clams or the chef's pupu platter, with spring rolls, onion rings, grilled chicken, calamari and seared scallops. Sandwiches, such as the teriyaki chicken, club, cheeseburgers and mahimahi, are served with French fries or potato/macaroni salad. They also have soups and salads. Dinner entrées include their famous coconut shrimp, cioppino and daily fresh catch, either grilled or Cajun-style. Breakfast $; lunch/dinner $$

BJ's Chicago Pizzeria, 730 Front St, ☎ 808-661-0700. Open daily from 11 am to 11 pm. Known for its award-winning deep-dish pizzas, BJ's also has fabulous sandwiches and salads. They're all worth the wait. Upstairs and facing Lahaina Harbor, try to get a table overlooking Front Street with views of Lana`i in the background. The bartender makes a mean mai tai, served in a short, wide tiki glass and the establishment has an ample beer and wine selection. For dessert, try the Pizookie. Live contemporary island music nightly from 8 to 10:30 pm.

Cheeseburger in Paradise, 811 Front Street, ☎ 808-661-0830, www.cheeseburgermaui.com. Serves breakfast from 8 am to 10:30 am, lunch 11 am to 3:30 pm, dinner 3:30 to 10 pm. It's not called Cheeseburger in Paradise for no reason – their specialty is a fabulous, five-napkin, juicy cheeseburger with thousand-island dressing, fresh tomatoes and sautéed onions, served with homemade pineapple coleslaw. Add grilled Maui pineapple for an additional savory taste of paradise. For breakfast try the Hawaiian omelet (Portuguese sausage, pineapple and Monterey jack, colby and cheddar cheese) or the local favorite, Loco Moco, which is a bed of rice topped with a hamburger patty and then covered with eggs, onions and gravy. Opened in 1989, Cheeseburger in Paradise is in the heart of Lahaina, housed in a two-story building along the water. This tiny restaurant serves over 1,200 guests a day and sells 18,000 cheeseburgers a month. Try the house specialty drink, Trouble in Paradise, a piña colada with banana liqueur and a dark rum float. The downstairs gift shop has everything from shot glasses to key chains to toys for kids. $

Lahaina Fish Co., 831 Front Street, ☎ 808-661-3472. Serves lunch from 11 am to midnight, dinner from 5 to 10 pm. This is one of my favorite Front Street restaurants. They specialize in affordable seafood dishes in a setting right on the water. For lunch try the crab cake melt sandwich with pepper jack cheese or a gorgonzola cheeseburger. Dinner choices include your choice of fish served however you want, such as grilled with garlic lemon butter, oven-broiled with garlic butter or Cajun-style and blackened. Also have homemade pastas, hand-carved steaks and pupus, such as oysters Rockefeller and steamer clams in a garlic sherry broth. Lunch $; dinner $$

Café O Lei, 839 Front Street, ☎ 808-661-9491. Lunch is served from 10:30 am to 5 pm, dinner is 5 to 9:30 pm. Don't miss the tiny entrance to this two-story oceanfront restaurant with one of the best views in Lahaina. Look for the cute sign and then walk through the little Ocean Market Place center with shops and desks to get to the restaurant. Upstairs is a small four-seater bar (unfortunately, if you sit there your back is to the ocean) and several dining tables on a deck that stretches farther out over the ocean than most other Front Street eateries. The menu is innovative – for lunch try the fish and chips made with mahimahi and for dinner, the Thai coconut curry with spiny lobster tail, shrimp, calamari and Moloka`i sweet potatoes. I recommend the lettuce wraps for a pupu. Lunch $; dinner $$

> **Tropical Treats:** Café O Lei has several types of delicious piña coladas, including mango, banana, strawberry, chocolate or macadamia nut. Another fun drink is the Maui Wowi, with Malibu coconut rum, Midori melon liquor and pineapple juice. Or try the Hana Bay rum float.

Kimo's, 845 Front Street, ☎ 808-661-4811. Kimo's is a long-standing favorite among locals and visitors who enjoy the fun downstairs bar, the lunches on the lanai and dinner upstairs in the dining room. Lunches and dinners are extremely affordable. If it weren't for the lovely open air dining, you would forget you were in Lahaina. Lunches include fish tacos, a "broke da mouth" plate lunch with teriyaki chicken and pork ribs and a pleasing selection of sandwiches and burgers. For dinner, there's prime rib and steak as well as fresh fish done in your choice of five styles (I always have trouble deciding – they are all wonderful). They also have combinations, such as lobster and steak, shrimp and steak or a brochette of teriyaki chicken with sirloin and veggies. All dinners come with a Caesar salad, homemade carrot muffins and sourdough rolls. Try the Hula Pie for dessert. Lunch $; dinner $$

David Paul's Lahaina Grill, 127 Lahainaluna Road, ☎ 808-667-5117, www.lahainagrill.com. Dinner is served nightly from 6 pm. Adjacent to the Lahaina Inn, David Paul's

has a clean, crisp atmosphere with out-of-this-world cuisine. I have eaten out at least twice a day for the past 12 years and I can honestly say that a recent visit to David Paul's was the best meal I have ever had. The cuisine is called New American and Executive Chef Arnulfo Gonzalez uses techniques and flavors from around the world while still utilizing the abundance of local goods from Maui farms, dairies and nearby waters. During my first visit I had the special – opakapaka (pink snapper) with a pesto crust with a chipotle buerre blanc and a Chardonnay buerre blanc. This was presented on top of a three-cheese polenta made with gorgonzola, asiago and goat cheeses. Amazing. Other favorites include tequila shrimp with firecracker rice, sesame-crusted seared ahi and Kona coffee-roasted rack of lamb. The cake walk – a petite serving of Kona lobster crab cake, sweet Louisiana rock shrimp cake and seared ahi cake – is a great appetizer. Proprietor Jurg Munch knows all the tricks for creating a successful restaurant. He is a Swiss-trained chef and was the executive chef of the Mandarin Oriental Hotel in Hong Kong for 16 years. The service is impeccable and the interior, with its Kasprycki paintings and delicate décor, is remarkable. In fact, Lahaina Grill has been voted "Best Maui Restaurant" for 11 consecutive years in *Honolulu Magazine*'s annual reader's poll. The restaurant serves several vegetarian items as well as a keiki menu. $$$

THE CHEF'S TABLE

David Paul's has a special semi-private Chef's Table in an antique-filled room where guests can choose from the à la carte menu or a special five- ($85 per person) or seven-course ($125 per person) degustation menu (that means to savor the food and leave completely satisfied). It will be specially prepared by Executive Chef Arnulfo Gonzalaz and must be arranged three days ahead of time. A sample of the chef's menu may include such pupu delicacies as truffle-and-herb marinated diver scallops with a Chardonnay beurre blanc, followed by a seared pepper-crusted ahi with Hudson Valley foie gras, sweet and sour fresh fig compote and Maui onion duck demi-glaze. For dinner choose from a

Kona-coffee-crusted rack of lamb, herb and asiago-crusted opakapaka or steak Christian with a port wine demi-glaze. It sounds extravagant but David Paul's is a once-in-a-lifetime experience and if you're lucky, more than once. There are two seatings a night – one at 6 pm and one at 8:30 pm.

Gerard's, ☎ 808-661-8939, 174 Lahainaluna Road. Gerard's is also one of my favorites. The food is wonderful, the atmosphere casual and unpretentious and the service is excellent. On the bottom level of The Plantation Inn, the restaurant has 10 or so small candle-lit tables on the front porch of this quaint building and larger tables inside. The knowledgeable waitstaff is eager to help you choose a wine or select an appetizer. The spinach salad with grilled scallops, Reggiano Parmesan and balsamic vinaigrette is a wonderful way to start your meal. For dinner, try one of Gerard's traditional French meat dishes or a locally caught fish entrée. The wine list is extensive and well chosen. In fact, Gerard's was recognized by *Wine Spectator* magazine as having one of the most outstanding restaurant wine lists in the world. Another plus is that they offer half-bottles of some wines. $$$

Moose McGillycuddy's, 844 Front Street, ☎ 808-667-7758. You can't miss this rowdy and raucous establishment. Located upstairs, Moose's has been a Front Street mainstay for quite a while and is the most consistent place for late-night fun. The restaurant serves breakfast, lunch and dinner and has remarkable early bird specials, such as a $1.99 breakfast from 7:30 to 8:30 am. They also have a 12-ounce prime rib dinner for $10.95 from 4 to 7 pm nightly. Happy hour is from 3 to 6 pm, with $2 mai tais and $1 draft beers. The menu is very mainstream, with omelets for breakfast, half-pound burgers for lunch and fish dishes for dinner. The portions are large, but the prices aren't. Breakfast and lunch $; dinner $

Longhi's, 888 Front Street, ☎ 808-667-2288. Breakfast is served from 7:30 to 11:30 am, lunch from 11:45 am to 4:45, dinner from 5 to 10 pm. Longhi's is a Lahaina institution, having been on the same corner for more than 26 years. Although they've branched out to The Shops of Wailea and other

islands, Longhi's is a classy addition to Front Street's dining scene. It has the trademark black and white checkerboard floors and an open-air atmosphere with unobstructed views of Lahaina Harbor and the whales during winter. Breakfasts here are for people who really enjoy their meal. There are frittatas, omelets, quiches and lots of different egg dishes. Lunch includes homemade pastas, such as lobster or chicken cannelloni, as well as seafood and great salads. Dinners include more homemade pastas, different and more extravagant fish entrées and meat and poultry done in a variety of ways. Longhi's has long been known as the place where the waiters recite the menu, as it is ever changing. You must try to save room for one of their exciting desserts, such as hot soufflé or fresh fruit pie. Complimentary valet parking offered nightly from 5 to 11 pm. Breakfast, lunch $$; dinner $$$

In the Old Lahaina Center

This center has old standbys, such as KFC, Quizno's, Bubba Gump Shrimp Company, Starbucks and Jamba Juice. Other than that there is a diverse selection of affordable options.

Erik's Seafood & Sushi, ☎ 808-662-8780. Open nightly for dinner from 5 to 10 pm. They have early bird dinner specials from 5 to 6 pm nightly. The focus is on seafood at Erik's and they have broiled or steamed lobster or, for something different, you can have it made into sashimi. They also serve shrimp, fresh fish, oysters, clams and steaks as well as a large variety of sushi and sushi rolls. $$

Next door is the **House of Saimen**, ☎ 808-667-7572. Open from 5 pm to 2 am Tuesday through Thursday and 5 pm to 3 am Friday and Saturday. This late-night spot is very busy in the early morning hours when clubgoers get the munchies. $

Cilantro, 170 Papalaua Avenue, ☎ 808-667-5444. Open from 10:30 am to 9 pm Sunday through Thursday, 10:30 am to 10 pm Friday and Saturday. This Baja fresh-style Mexican eatery is an elevated fast-food restaurant, with the key difference being that you get to choose your sides and salsas (rated on their hotness) from a large cafeteria-like counter. Chef Paris Nabavi uses fresh and local ingredients to prepare authentic Mexican recipes. The tacos come à la carte so you can mix and match from fish tacos made with beer-battered or grilled ono, shrimp, chicken or slow-cooked adobo pork. The

burritos are huge and varied and there are several options for vegetarians. Cilantro also has combination plates and tortas (Mexican sandwiches made with chicken, carne asada, pork and grilled or fried ono). $

In Lahaina Center

Hard Rock Café, ☎ 808-667-7400. At the corner of Front and Papaluna Streets and always a pleasant experience (especially if you're a music lover), this branch of the world-famous chain has indoor and outdoor seating with lots of music memorabilia. The music may be too loud for some, but the menu is pleasing and dependable, with ever-popular pupus, such as nachos and potato skins and lunch basics, such as sandwiches, salads and fajitas. $$

In Lahaina Square

Maui Tacos, ☎ 808-661-8883, www.mauitacos.com. Open from 9 am to 9 pm Monday through Saturday and 9 am to 8 pm on Sundays. Small in size but huge in taste, Maui Tacos was founded by Mark Ellman in 1993 after he and his wife came to the island and couldn't find any quick but authentic Mexican restaurants. So they started their own, serving "Maui-Mex" cuisine. The tacos and burritos can be made with char-grilled steak, chicken and seafood marinated in pineapple, lime juices and spices from the islands. The burritos, with local names, such as "Haiku," "Shacks," and "Shark Pit," each weigh between 14 and 16 oz. Maui Tacos also offers quesadillas, a taco salad, nachos and *keiki* (kid) meals. They sell their own cookbook. Check it out at the restaurant or visit www.tacoscookbook.com. $

Alexander's Fish & Chips, ☎ 808-667-9009, recently expanded from its Kihei location. Expect to find the same budget-priced fish, chicken and rib meals for take out or dine in. The fish and chips are famous, with their secret-recipe batter and your choice of fish. $

Vinny's Pizza, ☎ 808-661-6773. Open daily from 11 am to 10 pm. New to Lahaina, Vinny's has quickly gained a reputation as a great place for a quick pizza fix. They deliver to Lahaina and Ka`anapali and the food is good. Besides New York-style pizza (served whole or by the slice), you can also get calzones, cold subs, hot hero sandwiches or wraps. They're in Lahaina Square and if you decide to eat there, you can watch

surf or other sport videos on the flat-screen TV. Whole pizzas $$; the rest $

Café Sauvage, 844 Front Street, ☎ 808-661-7600, serving dinner nightly from 5:30 to 9:30 pm. Promising "passionate food in a courtyard setting," Café Sauvage is below Moose McGillycuddy's on Front Street and is popular among locals. The entrées are exquisitely prepared and emerge from the kitchen looking too good to eat. Choose entrées from chef/owner Dean Louie's menu either à la carte or as part of the three-course prix fixe menu. The staff is also happy to select the appropriate wine from its well-considered list. $$

Kobe Japanese Steak House & Oku's Sushi Bar, 136 Dickenson Street, ☎ 808-667-5555. Dinner served from 5:30 to 10 pm with sushi until 11 pm. Sunset specials from 5:30 to 6:30 pm. Steak, seafood, chicken, tofu and veggie entrées are served teppanyaki-style right before your eyes. Uncle Oku sits behind a sunken sushi bar and combines traditional sushi preparations with an island twist. Try the Lahaina roll, made with alfalfa sprouts, cucumber, avocado and crabmeat. There's dancing and karaoke every Friday night from 9:30 pm to closing and you can park for free across the street at the Baldwin House. $$

Penne Pasta Café, 180 Dickenson St, ☎ 808-661-6633. Open 11 am to 9:30 pm Monday through Thursday, 11 am to 10 pm Friday, 5 to 10 pm Saturday and 5 to 9 pm on Sunday. Their promotion is "nothing over $12.95" and this is another innovative and respectable business headed by Maui Taco head honcho Mark Ellman. They have abundant servings of pasta, salads, pizzas, sandwiches and seafood specials. They also have health-conscious brown rice pasta, which is wheat- and gluten-free. Delivery is available in Lahaina from 11 am to 2 pm Monday through Friday. $

Lahaina Coolers, 180 Dickenson Street, ☎ 808-661-7082, www.lahainacoolers.com, serves breakfast, lunch and dinner from 8 am to 2 pm. For breakfast, they have omelets, eggs Benedict and a "surfer's special breakfast burrito." Lunch includes delicious salads, such as tamarind chicken salad or fried brie on Kula greens with a passionfruit vinaigrette. They also have fish and chips, burgers and pastas (Evil Jungle Pasta made with chicken, onion, red and green peppers in a spicy Thai pea-

nut sauce over linguini is to die for). Dinner goes one step up with pizzas (this time, Evil Jungle Pizza!), chicken entrées and pork chops. Breakfast $; lunch $; dinner $$

Aloha Mixed Plate, 1285 Front Street, ☎ 808-661-3322, www.alohamixedplate.com. Open daily from 10:30 am to 10 pm. Aloha Mixed Plate has an affordable selection of beachside plate lunches, burgers, noodles and specials. Across from Lahaina Cannery Mall, this oceanfront budget eatery is very popular and low-key. Their famous coconut prawns pupu are served with an island chutney. Their most popular plate lunch is the Hawaiian Plate, with Kalua pork and cabbage, lomi lomi salmon, poi, macaroni salad and rice. Add lau lau and haupia for dessert and you've got the Ali`i Plate. All of the other plate lunches come in mini, regular or jumbo portions. They also have burgers and sandwiches, noodles and grilled entrées. Aloha Mixed Plate serves beer, wine and daily drink specials. Happy hour is from 2 to 6 pm. $

Canoes, 1450 Front Street, ☎ 808-661-0937. Lunch served from 11 am to 2:30 pm, Happy Hour from 4 to 6 pm, dinner from 5 to 9:30 pm. Canoes is famous for their huge salad bar, with over 35 items to choose from, but they also have reasonably-priced cuisine and a very happy Happy Hour with half-off pupus, such as herb-steamed artichoke, coconut shrimp, garlic-steamed clams and baby back ribs. The lunch menu has burgers, sandwiches and fish dishes. Dinner has seafood specialties, such as garlic prawns, spiny lobster tail and fresh fish dinners prepared a variety of ways. A visit to the salad bar is an additional $2.95 at lunch and included at dinner. Parking is free. Lunch $; dinner $$

In the Lahaina Cannery Mall

Compadres, ☎ 808-661-7189, is part of a national chain of top-notch yet affordable Mexican restaurants. Most of the seating is inside, although there are a few tables outside with no view whatsoever. The menu is huge and reliable – everything will satisfy your appetite. Besides Mexican items, such as tacos, fajitas, enchiladas and burritos, Compadres also serves sandwiches, such as a Mexican club, or the favorite steak sandwich. In the morning, they have an $8 breakfast with your choice of huevos rancheros, scrambles, loco moco, eggs Benedict and more. Breakfast is served daily from 8 am

to noon, lunch and dinner from 11 am to closing. Their other emphasis is on drinks and they offer a huge selection of margaritas, tequilas and Mexican beers. $

Coconut Grove, 1312 Front Street, ☎ 808-661-5648. This older restaurant in a frequently ignored section of Lahaina has affordable dinners in a pleasant location across the street from the ocean. Entrées start at $14.95 and include homemade soup or salad, garlic bread, vegetables and your choice of rice or potatoes. Select from several types of fish or lobster, shrimp scampi or ribeye steak. $$

Mala An Ocean Tavern, 1307 Front Street, ☎ 808-667-9394. This is the most recent addition to Mark and Judy Ellman's small empire, which includes Maui Tacos and Penne Pasta Café in Lahaina. Behind the Lahaina Cannery mall on Front Street along the ocean, this cozy tavern has several tables in an outdoor patio overlooking Mala Wharf and the ocean. Inside is a small L-shaped bar and more seating, including a large 12-top communal table in the restaurant, where people can sit and mingle. If you're lucky you might see sea turtles playing in the ocean next to the deck. Two flat screen TVs adorn the walls by the bar but are not overwhelming at all. The menu features small plates from the ocean (whole moi, ahi burger, steamed clams), the land (curry chicken wrap, Kobe beef burger with homemade pineapple ketchup, lamb pita) and malas (farmers salad with Maytag blue cheese, braised Swiss chard, and grilled fresh corn on the cob). Most dishes are $6-$10 and are made with local and, when possible, organic ingredients. I had the flatbread with grape tomato, mozzarella and basil, which was light and tasty, along with a glass of the Spanish Manyana Tempranillo, a light red wine. The quartet of hummus, baba ganoush, fried chickpeas and feta with pita bread looked great. Dinners start with a taste of olives from Spain, Italy, France and Moracco, which are marinated in spices, such as fennel and cardamom. Happy Hour is from 3 to 5 pm and 10 pm to closing, with $1 off select tapas, draft beers and drinks. Open for lunch and dinner. $$

Luaus

The Old Lahaina Luau, 1251 Front Street, ☎ 800-667-1998 or 808-667-1998, www.oldlahainaluau.com, is held nightly in

an oceanfront setting. Local artisans and historians are on hand to sell their goods and answer questions. Seating is reserved so there's no pack-em-in, line-em-up strategy to worry about. Choose between a seat on the ground or a table. The food is plentiful, with lots of local entrées, such as kalu pork, taro salad and taro rolls. The show after dinner is entertaining and a nice way to relax after a big meal. The Old Lahaina Luau is $75 for adults and $45 for kids under age 12.

The Feast at Lele, 505 Front Street, ☎ 808-667-5353, www.feastatlele.com, is a five-course sit-down affair that combines four cultures – Hawaii, Tahiti, Samoa and Aotearoa (New Zealand). It's a more sophisticated luau, with table service and personal attention. Since it opened a couple of years ago, the Feast at Lele has become quite the sensation. Lele is the ancient name for Lahaina and The Feast at Lele is brought to you by the same people who own Pacific`o, I`o and run the Old Lahaina Luau. Be sure to bring a hearty appetite. The evening starts with Hawaii and a show of wonderful song and hula as you are served such cuisine as poi, kalua pork and fresh fish in a mango sauce. They then touch on Aotearoa and the Maori people with dishes such as fishcakes, with scallops, mussels and salmon. Next is Tahiti, with their famous fast-moving dance along with a French/Tahitian menu. The night ends with Samoa and a fire dance. This well-worth-it treat is $99 per person and $69 for children ages 12 and under.

Nightlife

The free weekly newspaper, *Maui Time*, has the best listing of Maui restaurants, nightclubs, movies and other goings-on – look for the da kine calendar section.

Maui Theater: `Ulalena is a spectacular, innovative show in a state-of-the-art facility. It is a great introduction for children and adults to Hawaiian history by telling the stories of ancient Hawaiian mythology through dance, music and amazing choreography. The show is mesmerizing and worth every penny. ☎ 808-661-9913 for reservations. The concession stand sells beer, wine, soft drinks, popcorn and candy prior to the show.

Cool Cat Café, ☎ 808-667-0908, in the Wharf Cinema Center, has free live music almost every night of the week.

Moose McGillycuddy's Pub & Café, 844 Front Street, ☎ 808-667-7758, is where all the rowdy young folks go. There are cheap drinks and it's full of 20-somethings.

Paradice Bluz Nightclub & Lounge, 744 Front Street, ☎ 808-667-5299, www.paradicebluz.com, is an underground (unusual on tropical islands) nightclub that has a classic lounge and club setting. Dress code is no tank tops, t-shirts or slippers (flip-flops). Paradice Bluz is open nightly from 9 pm; during football season, they're open Sunday mornings and Monday afternoons.

The Blue Lagoon, 658 Front Street, ☎ 808-661-8141, is a sunken-down off-the-street open-air bar with live music on Tuesday and Friday nights.

Longhi's, 888 Front Street, ☎ 808-667-2288, has an upstairs nightclub open from 10 pm on Thursdays and Fridays with live bands and dancing.

> **Late Night Snack:** Jason Lakman and his late-night taco stand (using a wood-burning stove) can satisfy all of your late night food needs. **Island Tacos** is open from 10 pm to 3 am every night, next to Paradice Bluz. It's a deal, with $4 tacos (chicken, fish, pork or vegetarian) and $1 sodas.

Erik's Seafood & Sushi, ☎ 808-662-8780. Happy Hour is 8 to 10 pm every night. Sunday night is open-mic night – tell a joke, play an instrument, recite poetry, sing.

Sly Mongoose, 1036 Limahana Place, ☎ 808-661-8097. Open daily 10 am to 2 am. If you're looking to get away from the tourist crowd, this is Maui's premier dive bar. And it's fun. Dark and seedy, the Sly Mongoose is where locals go once they get off work. This is what I refer to as a last-resort bar, a well-kept secret spot about 30 years old, with its history documented by all of the photos covering the walls. It's hard to find as it's in an industrial area with a nondescript entrance.

Warren & Annabelle's, 900 Front Street in the Lahaina Center, ☎ 808-667-6244, www.warrenandannabelles.com. Every night, host Warren Gibson and his co-host Annabelle, entertain the crowd with a lively show in the parlor where drinks and appetizers are served while Annabelle entertains

the crowd by playing requests on the piano. Guests are then taken to a small, intimate theater where Warren amazes you with magic tricks and charms you with his Midwestern demeanor. He mixes the magic with audience participation and will get a smile and amaze even the most stoic skeptic. Gibson has been entertaining visitors with his magic since April of 1999 and there's a reason the show is sold out almost every night – it's great! The helpful and energetic staff makes this show a must-see for Lahaina visitors. The basic show lasts 3½ hours and costs $45, although there are some package deals that include pupus and drinks at the preshow.

Where to Stay

The Pioneer Inn, 658 Wharf St, ☎ 800-457-5457 or 808-661-3636, www.pioneerinnmaui.com, info@pioneerinnmaui.com. If you want to be in the center of all the action in Lahaina, the Best Western-run Pioneer Inn is the place for you. There are 45 air-conditioned rooms in the building, which is also home to several small, mostly souvenir, shops, a restaurant and an L-shaped pool. George Freeland, a dedicated member of the Royal Canadian Mounted Police, built this historic inn in 1901 after tracing a notorious criminal to Lahaina and falling in love with the town. It is considered the oldest hotel in Hawaii. The Pioneer Inn is next to the famed Banyan Tree and is sandwiched in between Front Street and Lahaina Harbor. Look for the trademark red roof. AAA and Best Western Gold Club discounts are available. Standard room $$; Deluxe room or suite $$$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Ohana Maui Islander, 660 Waine`e St, ☎ 800-462-6262 or 808-667-9766, www.ohanahotels.com. This 374-unit property is off the main strip of Front Street but within walking distance of all the action. There are 11 two-story buildings on nearly 10 acres. There's daily maid service, laundry facilities and a pool. Hotel room $$; one-bedroom $$$; two-bedroom $$$$

B&Bs/Inns/Guesthouses

Good Value: Many Lahaina B&Bs and inns double as activity centers. They can arrange discounted activities and provide information as soon as you make your reservation. Then, by the time you arrive, your whole trip will be planned and you won't have to spend precious vacation time on the phone or Internet.

**Ho`oilo House**, 138 Awaiku St, ☎ 808-667-6669, www.hooilohouse.com, hooilohouse@hooilohouse.com. At Mile Marker 18 right before you hit Lahaina, Ho`oilo House is situated at the base of the West Maui Mountains in a location that offers beautiful views in a quiet neighborhood. This modern B&B is amazing – there are five suites, each with individual charm. I stayed in the Kohala room, named after the whale with a portion of my rate going to the Pacific Whale Foundation.

Each room has air-conditioning, a telephone, an Internet connection, an outdoor shower, private lanai, TV, hair dryer, iron and ironing board. Ho`oilo is Hawaiian for winter. Almost every window in the house has an ocean view. The doors to the suites are imported traditional Balinese doors with custom mother-of-pearl inlays. Music is piped in through built-in speakers.

The furnishings, décor and much of the house itself have been imported from Bali. There is daily maid service and a bountiful breakfast buffet. Their website is efficient and user-friendly for checking occupancy and booking reserva-

tions. Check it out to see photos of this stunning place and then imagine the real thing being 10 times better than the photos. There is a 15% discount on stays of five nights or longer. $$$

In town and half a block off Front Street is a romantic and charming 12-room bed and breakfast called the **Lahaina Inn**, 127 Lahainaluna Road, ☎ 800-669-3444 or 808-661-0577, www.lahainainn.com, inntown@lahainainn.com. In keeping with the historical, rustic ambiance, the rooms have no clocks or TVs, but you will want to go out a bit at night as they have a perfect location off the main drag of Front Street and within skipping distance to all the fun. The rooms are air-conditioned and have phones with free local calls. Each room is furnished with antiques and there are hand-quilted bed covers. The front desk personnel can also help with car rental reservations and get you a special deal with Budget. Parking is available adjacent to the inn for $5 a day. $$

Just up the street is **The Plantation Inn**, 174 Lahainaluna Road, ☎ 800-433-6815 or 808-667-9225, www.theplantationinn.com, info@theplantationinn.com. This New Orleans-esque inn opened in 1987 but had a thorough renovation with additional rooms in 1990. It's all you need in Lahaina – a fabulous restaurant in the building, within walking distance from all the action in Lahaina and free parking for guests. The inn has 19 spacious rooms and suites with high

ceilings and handcrafted stained glass windows. The comfortable lanais only have views of the pool or Lahaina rooftops but don't hold that against them – they're only a block away from all the action on Front Street. Plus, parking is free and available in this notorious no-parking town. The Plantation Inn is the sister property of the ultra-Hawaiian Ka`anapali Beach Hotel and you may find combination package deals on the Internet. Breakfast is served from 7:30 to 9:30 am and is included with your room. Choose from Chef Reversade's French toast, island fruit or homemade yogurt.

There are also package deals, such as "Gourmet Delight," which is a two-night package including daily breakfast and a special menu at Gerard's; or "Best of Lahaina," which consists of a five-night package including breakfast, special menu at Gerard's, a rental car and your choice of an activity, such as a sightseeing tour of Haleakala or a sunset sail. A coin-operated laundry room is available and I would recommend avoiding the guest rooms next to this sometimes noisy area. $$$; suites $$$$

> **Money Saver:** Guests at the Plantation Inn receive a $50 credit coupon for the adjoining Gerard's Restaurant at check-in. The coupon is a special treat and can be used for every visit to Gerard's, one of the finest restaurants in Maui.

Old Lahaina House, PO Box 10355, Lahaina, HI 96761, ☎ 800-847-0761 or 808-667-4663, www.oldlahaina.com, reservations@oldlahaina.com. Each room has air conditioning, a television, phone and fridge. Some of the beds have romantic and practical mosquito nets. There's a refreshing 27,000-gallon pool in a tropical courtyard. The building is across the street from the beach and four blocks from Lahaina Harbor. Budget rooms $; standard and deluxe rooms $$; exclusive suite $$$

House of Fountains, 1579 Lokia St, ☎ 808-667-2121, www.alohahouse.com, private@maui.net. At the northern end of Lahaina, the House of Fountains is touted as the most Hawaiian bed and breakfast on Maui. The rooms are decorated with Koa wood furniture and homemade Hawaiian quilts; each includes air conditioning, TV/VCR, a phone and

fridge. Hosts Daniela Clement and Don Kona Kamakani Atay have decorated the rest of the house with Polynesian artifacts, such as canoe paddles, ipu drum gourds and warrior masks. $$

Garden Gate Bed & Breakfast, 67 Kaniau Road, ☎ 800-939-3217 or 808-661-8800, www.gardenngatebb.com, info@gardengatebb.com. Walk through a tropical garden full of hibiscus, plumeria and birds of paradise to get to the entrance of this enchanting bed and breakfast. Breakfast, consisting of fresh pastries, pineapple, local fruits, juice and coffee, is served from 8:30 to 10 am every morning except for Sunday.

The Wai Ola Vacation Paradise rental, 1565 Kuuipo St, ☎ 800-492-4652, www.waiola.com, contact@waiola.com, is also tucked into this neighborhood. This 5,000-sq-foot home can be rented as individual units or as one property (a great option for large families). The maximum number of guests is 12. There are two fully equipped kitchens, a pool and Jacuzzi and a piano in the main house. All bedrooms have air-conditioning and telephones. There are laundry facilities, a barbecue and gas grill. The property is in a quiet residential neighborhood and is two blocks away from Wahikuli Wayside Park between Lahaina and Ka`anapali. Individual units $$-$$$; main house only $$$$; main house plus 4th bedroom and cottage $$$$$

Condominiums

Puamana, www.puamanamaui.com, jackyangell@comcast.net. These exclusive townhouses are in a gated community on the southern edge of Lahaina. Renovated in late 2003, Puamana features three swimming pools, lush gardens and nearly a mile of beach. $$$$

Lahaina Shores, 475 Front St, ☎ 800-642-6284 or 808-661-4835, www.lahainashores.com, info@classicresorts.com. A good deal for your money, this plantation-style six-story hotel has studio, one-bedroom and one-bedroom penthouse accommodations. The rooms are air-conditioned and have full kitchens. Ocean-view rooms are worth the extra money, although waking up to the sight of the West Maui Mountains isn't too bad. There are no on-site restaurants but you can charge meals to your room at Hecocks Restaurant in the neighboring 505 Front St shopping center. The resort offers a complimentary continental breakfast at 8:30 am and an island orientation on your first morning. There's not much beach in Lahaina but this resort has a nice pool and lawn area with chaise longues. Parking is $3 per day. Studios $$$; one- and two-bedroom units $$$$

■ Ka`anapali

Orientation

Ka'anapali is just north of Lahaina and is the world's first planned resort community with several hotels, condominiums and resorts set up on the shores of gorgeous Ka`anapali Beach. Most of the resorts are on Ka`anapali Parkway, the first exit on your left from Honolapi`ilani Highway when you're coming from Lahaina. The area is also home to two world-famous golf courses, a something-for-everyone shopping mall and more resorts on the hills above the golf course overlooking the ocean.

Information

For more information on Ka`anapali, visit the tourist information booth in the central courtyard at Whalers Village.

You can also download a brochure from the Kaanapali Beach Resort Association at, www.kaanapaliresort.com. Their address is 2530 Keka`a Dr, Suite 1-B, Lahaina, HI 96761, ☎ 800-245-9229.

Parking

The most convenient parking is at the multilevel lot at Whalers Village. Park there and buy a little trinket (minimum of $10), get your parking validated for three hours and then cruise the beach, shops and restaurants.

Getting Around

The **Kaanapali Trolley** is free and runs around all of the resort areas from 9 am until 10 pm. If you're staying in Ka`anapali and don't want to drink and drive or deal with parking, this is your best option. The trolley stops at all major resorts, the golf course and Whalers Village.

The **Lahaina Shopping Express** provides transportation from Lahaina Center to the Lahaina Cannery Mall and to the Kaanapali Beach Resort. The trip costs only $1 one-way (bring change as the driver doesn't have any).

The **Sugar Cane Train** travels from Lahaina to Ka`anapali, with a vintage steam locomotive that is reminiscent of the engines used in the sugar cane fields years ago. It holds up to 200 passengers and runs daily from 9:30 am to 4:30 pm.

Taxi service is available island wide through **Royal Taxi**, ☎ 808-874-6900.

Whalers Village operates a shuttle throughout the Ka`anapali Resort.

Aloha Toy Store in The Fairway Shops, ☎ 808-661-9000, will pick you up at your hotel and take you to their shop, where they have a huge selection of exotic vehicles, mopeds, Vespas and Harley Davidsons.

History

Ka`anapali was an important part of West Maui's sugar cane industry. The Lahaina, Kaanapali, and Pacific Railroad used to run from Lahaina to Ka`anapali Beach to unload the sugar cane onto barges that carried the merchandise to ships. In the 1960s, Amfac, who owned the land, decided to create Hawaii's first planned resort community – Ka`anapali.

Smack in the middle of Ka`anapali Beach is **Pu`u Keka`a**, also known as Black Rock, a sea cliff that Hawaiians believed to be a Holy Place, where spirits of the dead left this world and migrated into the spirit world. There are only three locations in all of Hawaii that hold this significance.

MAGICAL MAUI

The great 18th-century chief Kahekili, the last ruling chief of Maui, practiced his favorite sport of *lele kawa* (leaping feet first into a body of water without splashing) at Pu`u Keka`a, left. He was considered a descendant of the gods because his peers believed that only a person of great spiritual strength could leap from a *leina a ka`uhane* (place where souls leap into the spirit realm of their ancestors) into the sea below and return unharmed. King Kahekili ruled Maui and O`ahu for 45 years until 1794. Nicknamed "The Thunderer," King Kahekili lived in Ka`anapali for most of his ruling years.

Shopping

Whalers Village

Ka`anapali's premier shopping center is easy to navigate and easy on the eyes, with round corners and small pools. It is also home to the Whale Museum on the third floor (see more in *Sightseeing* section below). Besides upscale shopping at stores such as Louis Vuitton and Tiffany & Co, there are many local shops and boutiques. **Maui Water Wear**, ☎ 808-661-3916, specializing in women's swimwear and accessories, has a branch here. If you're a surfer or just want to look like one, check out **Quiksilver Boardriders Club**, ☎ 808-661-3505, for boardshorts,

t-shirts, skirts, shoes and accessories with popular labels, such as Roxy, Billabong and, of course, Quiksilver.

> **Local Entertainment:** Whalers Village has free entertainment, such as *keiki* (kids) hula shows, a Tahitian dance or a Polynesian revue on Mondays, Wednesdays and Saturdays in the center stage. Check the calendars posted all over the shopping center for more information. They also offer free classes, such as lei making and hula lessons. Every Thursday from 6 to 10 pm is Art Night at Whalers Village. For more information, ☎ 808-661-4567, www.whalersvillage.com.

Reyn's, ☎ 808-661-9032, is a favorite in the Islands for their tropical prints and aloha shirts. **Epitome**, ☎ 808-661-6270, is a new boutique with trendy clothing for women, including swimwear and yoga gear. They have a nice selection of gift items and a counter where you can mix your own fragrance. History buffs and map lovers will enjoy **Lahaina Printsellers**, ☎ 808-667-7617, Hawaii's largest purveyor of original and reproduced antique maps, and **Lahaina Scrimshaw**, ☎ 808-661-4034, which features original artwork done as the whalers did it by engraving on ivory.

Martin & MacArthur, ☎ 808-661-0088, and **Noa Noa**, ☎ 808-661-2056, have great selections of handcrafted furniture and home furnishings from Maui, Hawaii and the rest of the Pacific. Check out the koa bowls and classy desk accessories.

A new shopping center called the **Fairway Shops at Kaanapali** recently opened up just north of the Ka`anapali Parkway. The mall has a Gold's Gym, and CJ's Deli. There is also a craft fair held from 9 am to 4 pm every Tuesday and Thursday.

Sightseeing

Ka`anapali's claim to fame is a glorious four-mile beach (the one you've been dreaming of) at Maui's westernmost point. The **Ka`anapali Resort** is 500

acres of luxury hotels, condominiums, world-class golf, superior tennis courts, a shopping center and wonderful restaurants, many of which are right on the beach.

Whalers Village Whale Museum

On the third floor of the Whalers Village shopping center you will find this fascinating museum celebrating the "Golden Era of Whaling." It is a must for anyone who is interested in this facet of history, as it has the largest collection of whaling memorabilia in the world. In one display, the whaling era (1825-1860) is explored through the eyes of an ordinary sailor, or "whaleman," and illustrates the challenges of daily life on the sea. Any seafarer would be interested in the replica of the whaling ship *Sunbeam,* ships' log books, maps and a prized collection of 19th-century scrimshaw. The gift shop has many nautical knick-knacks, as well as jewelry, antiques and artwork, which includes a broad selection of scrimshaw created by Maui's finest artists. Self-guided audio tours using audio "wands" are available for free. The museum is open from 9:30 am to 10 pm. Admission is free.

Did You Know?
Scrimshaw, which you'll see during your visit to the Whaler Museum, is the art of etching pictures on ivory whales' teeth and bone, using shipboard tools and then rubbing ink over the carved surface to bring out the designs. Sailors during the whaling era often occupied the months and years at sea by practicing this unique art form. The museum has one of the most prized collections of scrimshaw.

Beaches & Parks

As Ka`anapali Beach is four miles long, I have divided the beach into three different sections – Hanak`o`o Beach in the south, Pu`u Keka`a in the middle and North Ka`anapali at the top. Ka`anapali is renowned for its sunny weather and beautiful beaches. But don't forget your sunscreen – the rays are powerful all year long.

Hanaka`o`o Beach Park

Also called Canoe Beach, this is a good place for jet skiing, boogie boarding, windsurfing and swimming. There are picnic tables, restrooms, barbecue pits, lifeguards, showers, parking and shade dining pavilions. The Kahana Canoe Club is based here and you can frequently see the paddlers in action. One section is called "Dig Me Beach."

Pu`u Keka`a (Black Rock)

In front of the Sheraton Maui, this spot is called Black Rock, also known as "Hill of Rolling Stones." A volcanic cinder cone eroded by the sea, it is now a fabulous snorkeling area. Ancient Hawaiians believed that the dead departed from here on their journey to the spirit world. This is where Kahekili, Maui's last king, plunged into the sea to prove his bravery.

For the past 40 years, the Sheraton Maui has been re-creating the story of King Kahekili by holding a cliff-diving torch-lighting ceremony. Every night at sunset a young native Hawaiian dives off of the cliff into the water. It's fun to watch this ceremony from the Lagoon Bar at the resort.

North Ka`anapali Beach

Past Black Rock is a quieter section of the beach. It's also known as Keka`a Beach or Airport Beach (it used to be the old Ka`anapali Airport). This stretch of sand is accessible from the south at Halawai Drive. The northern section can be accessed next to the Embassy Vacation Resort. The south is sometimes used by scuba divers and is good for snorkeling as long as you are 100 feet or so offshore.

The beach lies in front of Kahekili Beach Park, which is dedicated to Maui's King Kahekili. The beach park has one of the

cleanest and most inviting pavilions and is a great spot for barbecues or get-togethers.

Adventures on Foot

Beach Walk

Don't forget to take advantage of the paved beach walk that runs along the sand from the Hyatt Regency in the south to the Sheraton on the north. You can walk the path or jog (at sunrise or sunset as it gets hot in the middle of the day) if you're in the mood for exercise.

It's a great initiation to the Ka`anapali Resort and all of the beaches and beach activities available. You'll pass legendary beachside restaurants, see fabulous resorts and have a great time people-watching.

Golf

The **Kaanapali Golf Courses**, ☎ 866-454-4653 or 808-661-3691, www.kaanapali-golf.com, offer 36 holes of golf through the foothills of the West Maui Mountains. The Tournament North Course is one of only two in Hawaii designed by legendary architect Robert Trent Jones, Sr. He created a 6,700-yard, par-71 course known for its challenging rolling greens. The 6,600-yard, par-71 Resort South Course, designed by Arthur Jack Snyder, has narrow fairways with subtle greens and is great for golfers of all abilities. Green fees for the Tournament North are $160; for Resort South, $142.

Spas

The **Westin Maui** in Ka`anapali recently spent $5 million to convert its workout area into a 14,000-square-foot top-of-the-line luxury spa with 16 treatment rooms, including two couple massage rooms with whirlpools. Massages are done in dimly lit rooms atop Kashwére and therapists offer you a choice of a woodsy, floral or citrus massage oil. The Spa (located in the Westin at 2365 Kaanapali Parkway, ☎ 808-661-2588) is also in a partnership with the Maui Lavender Farm, in which they have created special treatments, such as a lavender body butter treatment or a *Helani* (heavenly) aroma lavender glow. Before and after

your massage, make yourself comfortable with a cup of Hawaiian lavender herb tea and look out over the hotel's tropical restaurant and the Pacific Ocean. The massage therapists use different techniques catering to your needs to create a customized massage just for you.

Adventures on Water

Boat Cruises

Teralani, ☎ 808-661-0365, one of the only whale-watching cruises that leaves from Ka`anapali, has a morning cruise from 8 to 10 am December through May. They also have a sunset whale-watch with pupus, champagne and mai tais from 4 to 6 pm during those same months. A nightly dinner/cocktail cruise, 3:30 to 6 pm, is offered all year. Twice a day they have snorkel sails, including a four-hour sail at 11 am that includes lunch and drinks and a premier sail from 9:30 am to 2:30 pm with a barbecue lunch and drinks.

Trilogy, ☎ 888-225-6284 or 808-874-5649, www.sailtrilogy.com, has three tours that leave from Ka`anapali – a snorkel tour, sunset trip and a whale-watching excursion. *Trilogy* has been around for over 30 years and has a reliable reputation.

Jet-Skiing

Jet-skiing in Ka`anapali is allowed from May 15 to December 15 through **Pacific Jet Sports**, ☎ 808-667-2001, www.mauiwatesports.com. The rest of the year the sport is forbidden as the humpback whales are cruising the islands. Jet-skis are easy to use and fun for families. Professional instruction and life vests are included in the price ($85 for an hour or $55 for a half-hour).

Parasailing

Parasailing is also allowed only from May 15 to December 15. You can ride solo or tandem and you go up 400 or 800 feet. With **UFO Parasailing**, ☎ 808-661-7836, the shorter ride is $50 and the 800-foot ride is about $60. It's a lot quieter than you think once you get up there and you get a good birds-eye view of Lahaina, Ka`anapali and the West Maui Mountains.

Scuba

Trilogy, ☎ 888-225-6284 or 808-874-5649, www.sailtrilogy.com, also has a two-tank dive leaving from Ka`anapali Beach headed to Lana'i's famous "Cathedrals," with its underwater arches and lava tubes. The tour leaves Mondays, Wednesdays and Fridays at 7:15 am from the beach in front of Ka`anapali Beach Hotel and gets back at around 1 pm. The cost of this amazing dive is $139 plus tax including equipment.

Snorkeling

Black Rock is one of Maui's most popular snorkeling spots and provides a "beginners guide to snorkeling" opportunity for novices. The water is clear and calm most of the time at this popular place for fish. It does get very crowded though. If you get bumped while in the water, it's not likely to be a shark or some other marine animal, but just another snorkeler. Also, watch out for the kids jumping off of Black Rock right into the middle of the snorkel spot. Once you gather your snorkel bearings along Black Rock, you're ready to move on beyond the rock and around the bend to a steeper

and craggier shoreline and a more natural setting. Due to people feeding them here, fish are very aggressive and on the look out for more food.

The activities center at the beach rents out snorkeling equipment and other ocean fun stuff.

Where to Eat

No matter where you stay in Ka`anapali, you can reach most of the restaurants by walking along the ocean-side pathway that connects all of the resorts. The restaurants really come alive at night with tiki torches, live music and outdoor seating where you can hear the waves gently crashing onto the beach. **Leilani's** and **Hula Grill** are two all-time favorites on the beach walk but the new **tropica** in The Westin is giving them a run for their dining money. You'll find many different kinds of fish dinners at the various restaurants, along with sushi, pizza, tapas and more. The restaurants are listed by resort or shopping center starting at the southern end of Ka`anapali near Lahaina and heading north.

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Mango Café, 2290 Ka`anapali Parkway (in the golf clubhouse), ☎ 808-667-1929. Breakfast is served from 7:30 am to noon, lunch is 11 am to 3 pm, a pupu menu from 3 to 6 pm and dinner from 6 to 10 pm. This new café is where Reilley's used to be (it moved to Kahana up north). For breakfast they have pastries, hot and cold cereals, pancakes, cheese blintzes (with mangos or strawberries), French toast with whipped mango butter, omelets, and seven variations of the classic Hawaiian dish – the Loco Moco. If you're brave, try the Spam moco with white rice, spam, two eggs, grilled onions, gravy and jack cheese. Lunch includes some Mexican items, such as tacos and burritos, as well as sandwiches and salads. Dinner includes traditional options, such as meatloaf and roast pork as well as meat from the kiawe grill, such as filet mignon, New York steak and pork chops. Seafood lovers will enjoy the

shrimp curry with mango chutney or the lobster tail. Breakfast $; lunch $$; dinner $$

Basil Tomatoes Italian Grille (in Ka`anapali on the 5th Tee of the North Golf Course), ☎ 808-662-3210. Open from 5:30 to 10 pm. In a discrete site at the entrance to Royal Lahaina Resort, Basil Tomatoes has traditional Northern Italian fare at reasonable prices. For an appetizer, try the stuffed artichoke with garlic, mozzarella, ricotta, parmesan and gorgonzola cheeses. Besides Italian entrées, such as lasagna made with homemade pasta or pasta primavera with your choice of alfredo or tomato sauce, Basil Tomatoes has several seafood dishes, including a tender Calamari steak sautéed with lemon, butter, capers, garlic and white wine and served over linguini. $$$

Jonny's Burger Joint (at the main entrance of Ka`anapali). Open from 11:30 am to 2 am with food service from 11:30 am to midnight. This casual burger spot is a nice oasis in a desert full of expensive restaurants. They've got lots of burgers (choose from "bigga" or "mo biggah") served with lettuce, Olowalu Nui tomatoes and their special sauce. The most expensive burger is the mo bigga double with two patties for $9.99. Fries are extra – choose from regular or add garlic, cheese or chili. A healthy option is the burger salad with a chopped burger patty, greens, grilled onions, mushrooms, olive and cheese. They have a pool table, jukebox and video games. $

Giovani's Tomato Pie (above Jonny's Burger Joint at the main entrance of Ka`anapali), ☎ 808-661-4500. Pizza, pastas and Northern Italian cuisine are the specialties at this Ka`anapali institution. One of my favorite features is the create-your-own pastas. You select a pasta, a preparation and then you choose extras, such as sun-dried tomatoes, bay shrimp or Italian sausage. They have reasonably priced salads and pizzas. $$

CJ's Deli & Diner (aka The Comfort Zone), ☎ 808-667-0968, www.cjsmaui.com, is in the new Fairway Shops mall right past the Ka`anapali Parkway exit. This small shop has a huge menu that focuses on comfort foods. They also have box lunches (think chicken parmesan, grilled salmon, pot roast or mom's meatloaf) for a picnic at the beach. For breakfast try

French toast made with Hawaiian sweet bread or the Big Kahuna pancake meal loaded with bananas, pineapple, macadamia nuts and whipped cream. Lunch has a little bit of everything – paninis, classic sandwiches, burgers, salads, and a pineapple fried rice which can be a side order or an entrée. Nothing is over $13. This very innovative company also provides room service for the Maui Eldorado Resort. CJ's is open daily from 6:30 am to 7:30 pm, with breakfast from 6:30 to 11 am. They also have Internet access as well as delivery to Ka`anapali from 8 am to 7 pm. $

At the Hyatt Regency Maui

☎ 808-667-4727

Swan Court has Continental cuisine with a Pacific Rim influence. They serve fresh fish, lobster and shrimp. $$$

Cascades Grille and Sushi Bar has steak, seafood and sushi. Try traditional sushi or chef Ken's sushi sampler. Entrées include hibachi-style fresh catch and a filet mignon/lobster tail combination. $$$

Spats Trattoria has Northern Italian cuisine in a comfy, intimate setting. $$$

At the Maui Marriott

☎ 808-667-8290

Va Bene Italian Beachside Grill. Serving breakfast daily from 6:30 to 11 am and dinner from 5:30 to 9:30 pm. Italian dishes are the focus of Va Bene, the Marriott's oceanside restaurant. It features a prime rib and antipasti buffet on Friday nights and steamed Alaskan king crab legs and antipasti buffet on Saturday nights. They also have a Sunday brunch with a fresh seafood bar from 8 am to 1 pm with live music from 10 am to 1 pm. For breakfast, the kitchen staff uses the island's bounty to serve up a fruit plate with mango, papaya, lychee, watermelon, Maui apple bananas, grapes and macadamia nuts with a sweet balsamic reduction or Maui apple banana and taro pancakes with lilikoi butter. Other morning entrées include a delicious seared ahi and avocado omelet, kiawe wood-smoked salmon Benedict and snow crab hash with lime caper aioli sauce. $$

Nalu Sunset Bar & Sushi is upstairs from Va Bene and is the Marriott's nightlife spot. Open from 5 to 10:30 pm every night, Nalu has an all-you-can-eat appetizer special for $14 from 5 to 8 pm Monday through Thursday and live music every Wednesday and Friday. Signature rolls at the sushi bar include the volcano roll, with spicy tuna, cucumber and basil, and the rainbow roll, an inside-out roll topped with ahi, salmon, white fish and avocado. The pupu menu includes chicken satay, kiawe smoked pork ribs and a local seafood saimin noodle dish with shrimp, scallops, fish and vegetables. $$

The **Beachwalk Market and Pantry** serves casual breakfast (6:30 to 11:30 am), lunch (11:30 to 5 pm) and dinners (5 to 8 pm) in the front portion of the hotel near the ocean. They also have a small shop where you can pick up made-in-Maui products for gifts or for your own kitchen.

The **Pool Bar** is open daily from 10 am to 8 pm and has drink specials, such as $3 drafts, $4 Bloody Marys and other discounted drinks during "Inu inu" hour from 10 to 11 am and 7 to 8 pm. You can order food from the Beachwalk at the bar. Dinner specials at the pool bar are served from 5 to 8 pm and include Pacific seared mahimahi, mango barbecue ribs, shrimp tempura, barbecue chicken or top sirloin. Live contemporary Hawaiian music by Kincaid Basques is played from 5:30 to 8 pm every Sunday at the pool bar.

In the Westin

☎ 808-667-2525

tropica is a trendy LA-style restaurant themed around water. Next to the ocean, it also has pools by the dining tables and the enticing bar is situated by a wall-length waterfall falling over a glass window. The menu is varied and in tune with the contemporary Hawaiian feel of the restaurant. For pupus, tropica has tangled coconut prawns, a tempura ahi roll, a king crab and prawn tower and a blue crab and rock shrimp cake. They also have "lava grilled fire sticks," which are skewers served over a little barbecue pit at the table. The Indonesian chicken satay has a delicious kick, with a hoisin peanut dipping sauce and green papaya salad. For fresh fish, choose between mahimahi, ahi and opakapaka served seared, wok-charrred, sautéed, steamed or baked in a ti leaf with a

crabmeat stuffing. They also have filet mignon, either by itself or with a lobster tail or grilled prawns. Other specialties include prime rib, salmon, rack of lamb and a steamed Kona lobster with Ka`anapali sweet corn. If you're in the mood for pizza, tropica has one and it's a delicious Thai-spiced chicken pizza with red curry-cilantro pesto. $$$

`OnO Bar & Grill has Hawaiian-style tapas. You can choose a list of hot and cold tapas with different portions, from "small kine" or "mo biggah." The menu provides a beer or wine suggestions for each tapa, such as a Kona Fire Rock pale ale with the spicy shrimp poke. Cold tapas include salads, Lomi salmon or chilled spiced shrimp, while hot tapas include a delicious serving of baked Kula Surfing Goat Dairy goat cheese with lemon spinach, olives and lavosh, Manila clams or black mussels or calamari strips with sweet chili aioli sauce. The bar shows surf and other sporting events with the background music on the edgy side but not annoying (such as the Pulp Fiction soundtrack during one visit). $$

In Whaler's Village

☎ 808-661-4567 or www.whalersvillage.com

The food court in the center of the mall has the usuals – Haagen-Dazs, McDonalds Express, an express Chinese food outlet and a sub sandwich shop. There's also **Nikki's Pizza** with pizza, salads, pastas and sandwiches, and the **Smooth as Ice** frozen yogurt and ice cream spot.

The village is also home to many restaurants that live and die by their spot on Ka`anapali Beach next to the ocean. If only they didn't have those hedges separating us from the beach.

Leilani's on the Beach, ☎ 808-661-4495. Beachside grill open from 11 am to 11 pm, dining room from 5 to 10 pm and cocktails served from 11 am to midnight. Leilani's is like an old friend – reliable, reasonable and fun to be around. Right on the beach in a very hang-loose environment, Leilani's has a something-for-everyone selection of menu items. In the casual beachside grill, enjoy fish and chips, fish tacos, burgers and salads. Once I had the fish and chips and they were dry, but everything else I've had there has been great. Upstairs in the dining room they have fresh fish dinners, such as oven-roasted mahimahi or citrus grilled ono. They also have

coconut prawns in an orange marmalade horseradish sauce, as well as top sirloin, filet mignon, prime rib, baby back ribs and rack of lamb. Beachside grill $; upstairs $$

Hula Grill, ☎ 808-667-6636. Restaurant serving dinner from 5 to 9:30 pm. Barefoot Bar and Café open from 11 am to 11 pm. The Hula Grill is one of the popular TS Restaurants. They own Leilani's and the Duke's Canoe Club restaurants. They seem to have their thumb on top of what visitors want, with their fun drinks and imaginative food. For dessert try the fresh pineapple upside-down cake with caramel rum sauce, either by itself or with Tahitian vanilla ice cream. $$

Rusty Harpoon, ☎ 808-661-3123. Happy Hour from 2 to 6 pm and again from 10 pm to 2 am. Serves breakfast, lunch and dinner with a late-night bistro menu. Its full name is Jerome E. Metcalfe's Rusty Harpoon Restaurant and Tavern (what a mouthful) and it's a Ka`anapali landmark known for its bountiful breakfast, Bloody Mary's, casual lunches and late dinners. $$

At the Ka`anapali Beach Hotel

☎ 808-661-0011

Tiki Terrace. Serving breakfast from 7 to 11 am and dinner from 6 to 9 pm. The restaurant has a daily breakfast buffet for $14.95 or $11.95 for a lighter version. You can also choose from the Hawaiian-style menu and opt for French toast made with taro bread or Hawaiian sweetbread. Or try Hawaiian taro pancakes. They also have a local-style breakfast with eggs, potatoes and your choice of meat (try Spam or Portuguese sausage). Dinner includes wonderful fresh fish entrées. Breakfast $$; dinner $$

> **Healthy Choice:** The Tiki Terrace offers a traditional Native Hawaiian menu choice based on a popular weight-loss cookbook by Dr. Terry Shintani that uses basic Hawaiian ingredients, such as taro, sweet potatoes and papayas to help people lose weight and drop their cholesterol levels. After some employees successfully tried out Dr. Shintani's diet in 1993, the hotel decided to integrate the con-

cepts into the restaurant and employee cafeteria's menus. Look for the Native Hawaiian Combination plate at the restaurant, as well as the *pohole* fern salad, steamed chicken or fish *laulau*.

Ka`anapali Mixed Plate. This buffet-style restaurant serves breakfast, lunch and dinner. Even if you're not that hungry, go for the $10.75 all-you-can-eat buffet. Salad bar only is $6.19 and doesn't include drinks or the good stuff. $

At the Sheraton Maui

☎ 808-661-0031

Keka`a Terrace. Serving breakfast, lunch and dinner. With views of Black Rock and the ocean, this open-air restaurant is surrounded by koi ponds. They have a daily breakfast buffet, which is a bit pricy at $23. Your alternative is also pricey, with a three-ingredient omelet running $19. The restaurant has incorporated low-carb items into its menu, including salmon lettuce wraps, no-bun burgers and a Portobello chicken burger. Low-carb drinks include a LeanTini with Smirnoff vodka, dry vermouth and lemon twist and low-carb beer. $$

Teppan-Yaki Dan. A fusion of European and Pacific cuisines. Reservations are highly recommended at Ka`anapali's only grilltop restaurant where steak and seafood are chopped and tossed right in front of you, then transformed into one-of-a-kind works of art that are tasty as well. The restaurant has an exotic design with Japanese-style wood ceiling and flooring and contemporary Asian artwork decorating the walls. Appetizers include Upcountry greens with roasted sesame seed and soy sauce dressing, Oyster Dan (their version of Oysters Rockefeller) with white wine, lemon juice and topped with delectable chili pepper wasabi tobiko. Then comes the fun part – Teppan-Yaki. Choose between teriyaki chicken, shrimp with pineapple, jumbo scallops, lobster with macadamia nut butter, New York steak, fresh fish or filet mignon by itself or combined with lobster, shrimp, scallops or chicken. All entrées include Maui veggies, white rice and are accompanied by three special dipping sauces. $$$

Romantic Maui: The Sheraton Maui offers "Dinner under the Stars" for couples, with a beachside dinner in your very own hideaway served by your private waiter. There are three menus to choose from and they all include an appetizer, salad, entrée and dessert for between $150 and $200 – plus wine or champagne.

Outside near the pool and looking toward Black Rock is the **Lagoon Bar**, one of my favorite places to watch the sunset. You don't have to be a guest to have a drink and listen to the nightly Hawaiian music. There's also an impressive torch-lighting ceremony in which locals chant and tell the story of King Kahelkili and Pu`u Keka`a. A young warrior dressed in a *malo* (loincloth) recreates history and runs around the resort lighting the tiki torches before climbing up to Black Rock where he lights the final torch and then dives into the ocean. This is also one of the few places where you can get a drink served in a carved-out pineapple – the Aloha Drink Special for $12.50, made with coconut rum, piña colada mix and fresh chunks of pineapple.

Luaus

The **Hyatt Regency Maui**, ☎ 808-667-4727, holds its Drums of the Pacific Luau every night from 5 to 8 pm. If you're staying in Ka`anapali, this is the spot to go for a luau – it's convenient, totally satisfying and just a beachfront walk away from your hotel. There's an open bar, all-you-can-eat buffet and a variety of seductive Polynesian dances from old Hawaii, Samoa, Fiji, New Zealand, Tahiti, Tonga and Rarotonga, followed by a fire-knife dance.

North of Black Rock on the other side of Ka`anapali Beach is the **Royal Lahaina Resort Luau**, ☎ 808-661-9119. This traditional luau has an all-you-can-eat buffet, as well as a Polynesian Revue with dancers musicians and fire artists who weave together legends from Hawaii, Tahiti, Samoa and Maui.

Nightlife

Kupanaha (in the Ka`anapali Beach Hotel), ☎ 808-667-0128, www.kbh.com. The show starts out kind of corny with talking pigs and fish entertaining you before dinner but turns into an all-in-the-family mind-boggling magic show. The atmosphere is enchanting and mystical, with black backdrops and flourescent lighting that turns everything white into green. This popular show combines magic, Hawaiian history and hula (performed by the award-winning Kana`eau Dance Academy), a highly entertaining evening. For dinner, you can choose from sautéed fresh fish with an Asian soy chili butter sauce, chicken breast stuffed with wild mushrooms and herbs, macadamia nut and caper sauce, a steak and shrimp combination or a vegetarian meal of grilled tofu. It is served elegantly by a team of synchronized white-gloved servers, making sure everyone gets their meals at the same time (a magical feat in itself). Meanwhile magicians meander among the tables, doing small tricks involving coins and other objects. Illusionists Jody and Kathleen Baran will astound you with their bordering-on-impossible tricks. This is much more than pulling a rabbit out of a hat. During the show the couple also involves the crowd by pulling people up on stage, which always ensures a good laugh. $$$

Spats at the Hyatt Regency Maui turns into a nightclub from 9:30 pm to closing on Saturdays. Cover charge is $5. You will dance to a DJ spinning techno.

Where to Stay

Chase `N Rainbows Real Estate**, ☎ 800-367-6092, www.chasenrainbows.com, can help you find the perfect condo in Ka`anapali and Kapalua. **Maui Beachfront Rentals, ☎ 888-661-7200, specializes in vacation rentals in Ma`alaea up west to Lahaina, Ka`anapali, Kahana and Kapalua

Hotels (from south to north)

Hyatt Regency Maui Resort & Spa, 200 Nohea Kai Drive, ☎ 800-55Hyatt or 808-661-1234, www.maui.hyatt.com. This is a tropical paradise on 40 acres at the southern end of

Ka`anapali and the closest resort to Lahaina. It's next to Canoe Beach and you'll see all the outrigger canoes on a nearby beach. There are 806 rooms, including 31 suites and the grounds include a half-acre pool, lots of waterfalls and a 150-foot lava-tube waterslide. The Hyatt Regency Maui has its own catamaran, the 55-foot *Kiele V*, which takes guests out for sailing adventures. It's fun to get out of the heat and sit at the semi-underground Grotto Bar for a cocktail. Terrace and golf/mountain views $$$$; partial ocean/deluxe ocean and suites $$$$$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

It's In The Stars: Eddie Mahoney, the Hyatt's director of astronomy, gives a rooftop "Tour of the Stars" four times a night using a state-of-the-art computer-guided telescope. The last showing at 11 pm Friday and Saturday nights even comes with champagne and chocolate-covered strawberries. ☎ 808-667-4727 for reservations and more information.

One of my favorite things about Spa Moana in the Hyatt Regency Maui wasn't the treatment itself (which was great) but the before and after time spent in the glorious waiting rooms which are upstairs and just feet away from the ocean. Relax on a chaise longue after your massage and listen to the waves gently lapping against the sand in the open-air lounge. If you want to get even closer to the water, the Spa Moana offers ocean-side outdoor massages, manicures and pedicures. You can visit the wonderful facilities without getting a treatment and enjoy the use of the whirlpool, sauna and steam room – it's $15 for hotel guests and $25 for non-guests.

The Westin Maui, 2365 Ka`anapali Parkway, ☎ 808-667-2525, www.westinmaui.com, is situated on 12 acres and resembles a tropical playground where you can meander around five inter-connecting pools, swim-through grottoes, a koi pond with pink flamingos wading around, waterfalls and

two waterslides, one of which is 128 feet long with a 23-foot drop. The Westin has the only "adults only" pool in Ka`anapali, but if you do bring kids, they will enjoy the Keiki Kamp, with supervised activities such as net fishing at the koi pond, snorkeling or a visit to the whale museum. The resort has 758 rooms, including 27 suites, all of which have the heavily-promoted Heavenly Bed, which is determined to help you get a good night's sleep with 100% Egyptian cotton sheets and pillowcases, a down blanket and five pillows – all on top of a custom-designed mattress. The rooms also have "Heavenly Baths," with two showerheads and large extra-thick towels. All rooms in this two-tower 11-story resort have high-speed Internet access. The Westin offers several package deals, including honeymoon, family, dive packages and a premier suite package. Terrace/garden/mountain views $$$$; ocean-view and ocean-front $$$$$

> **Author's Tip:** All three Ka`anapali resorts that are part of the Starwood Hawaii chain (The Westin Maui Resort & Spa, Sheraton Maui Resort and The Westin Ka`anapali Ocean Resort Villas) participate in a "Stay at one, play at all" program, where guests have pool, parking, breakfast and signing privileges at all three hotels if they're staying at one. For example, if you're staying at the Sheraton Maui, you're free to use the newly renovated 14,000-square-foot spa at The Westin Maui.

Maui Marriott, 100 Nohea Kai Drive, ☎ 800-763-1333 or 808-667-1200. The 380-room, 16-acre Maui Marriott is a great place for kids, with a 3½-acre swimming pool that has waterslides, swim-through grottos, waterfalls, a "shipwreck

beach" and their Ka`anapali Kids program. It doesn't have much of a beach. The best parts of Ka`anapali Beach are to the north, but the resort's pools and activities will help you forget about the lack of sand. The rooms are pleasantly decorated, although my ocean-view lanai was great for its privacy but devoid of any plants or decorations that could have taken away from its plainness. The Marriott also has a simple checkout system where you just call a number and leave your name and room number after reviewing the bill that was slid under the door while you were sleeping. Unfortunately, the resort is very timeshare-oriented and at press time it seemed that the whole resort will have turned into timeshare units before long.

SPA ADVENTURE

Paradise Body Works, ☎ 808-667-1200, ext. 8403, in the Maui Marriott, offers massages in their outdoor cabanas from 9 am to 6 pm. Choose from Shiatsu, lomilomi, Swedish or a hot stone massage as you listen to the waves crashing on the beach in this outdoor paradise.

**Ka`anapali Beach Hotel**, 2525 Ka`anapali Parkway, ☎ 800-262-8450 or 808-661-0011, www.kbhmaui.com. The aloha spirit is alive and well at the Ka`anapali Beach Hotel, which is appropriately touted as Maui's most Hawaiian hotel. It should also be touted as the friendliest – every employee greets you with a sincere "aloha" and flashes you a genuine welcoming smile. The hotel's terrific courtyard has a whale-shaped pool, a tiki bar, a grill and a podium for free nightly entertainment, including music from 6 to 9 pm and a hula show from 6:30 to 7:30 pm. You can't miss the huge tiki statue in

the courtyard, which was created by a Maui artist in 1964 and is a replica of Kuka`ilimoku – the "snatcher of the land."

> **Did You Know?** Kuka`ilimoku, whose name translates as "snatcher of the land," was the God of War in Hawaiian legend. He wore a helmet covered in bloody feathers and with eyes made from a pair of shells.

In keeping with its quest to share Hawaiian history, language and culture, all employees of Ka`anapali Beach Hotel take part in an annual Po`okela class, which shows them how to use the values of Hawaiian culture in day-to-day life and work. The hotel also has translations of English to Hawaiian on everything from menus and pamphlets to signs and directions. Some rooms even have reproductions of watercolor prints of Hawaii's native plants created by General Manager Mike White's great-great-great grandmother, Eliza Sinclair, who at one time owned the island of Ni`ihau. It's little things, such as this historical tidbit, that make the Ka`anapali Beach Hotel such a great spot. And, if you need help with activities, the busy `Ohana Fun Center in the lobby can answer questions or book adventures. There is self-parking or an $8 valet, as well as an on-site salon that offers massage, cuts, tanning beds, plus pedicures and manicures. Garden view $$$; partial ocean view $$$; ocean view $$$$; ocean-front $$$$

Magical Maui: Every year the Ka`anapali Beach Hotel holds a highly-anticipated *keiki* hula contest (the only one in the state). Photos of previous winners are on display in the lobby.

Sheraton Maui, 2605 Ka`anapali Parkway, ☎ 888-488-3535 or 808-661-0031, www.sheraton.com/maui. The Sheraton Maui opened its doors to the public in 1963 and has the unique distinction as the first hotel in Ka`anapali. This immensely spread out resort covers 23 acres and has 510

rooms including 20 `Ohana suites, 12 junior suites and 14 luxury suites. An impressive 83% of the rooms face the ocean. The Sheraton is the closest resort to Pu`u Keka`a (Black Rock), a spectacular snorkeling spot and the site of a nightly torch-lighting and cliff-diving ceremony (see page 154). The resort is dedicated to preserving the Hawaiian heritage (30 years ago General Manager Gerald Bahouth was one of the resort's famous cliff divers) by offering such programs as a self-guided tour of Hawaiian art pieces, such as kapa (bark cloth), u`meke (calabash bowls), la `au hoe (paddles) and hula pahu (hula drums) handcrafted by modern artists.

Most of the resort wings surround the pool and then there's the no-man's-land "F" building which is behind Black Rock. If your sense of direction is not that keen, make sure you listen carefully when the bellman tells you how to get to the lobby, pool, beach and the rest of civilization. From my room, I had to go down a floor, thorough a breezeway to the elevator, up to the eighth floor, across a foyer and down to the first floor. And that was just to get to the pool. The lobby is another walk through a long hallway. The 142-yard pool with lava rock waterways is a bit small considering the size of the resort, so get there early if you want a lounge chair. Kids will enjoy the Keiki Aloha Club and in-room Sony Playstation. Checking your e-mail will entail trekking to the Business in Paradise center around the corner from the lobby and will cost you a pricey $8 for 20 minutes. The Sheraton Maui offers many packages, including a Romance Package with a private "dinner under the stars," champagne and chocolate-covered strawberries. There is also an `Ohana Suite Package designed for families and including a large suite with a spacious bathroom, passes on the Sugar Cane Train and a picnic snorkel cruise. Garden and mountain view $$$$; ocean-view and ocean-front $$$$$

The understated **Seaside Salon & Day Spa**, ☎ 888-743-0948 or 808-667-2278, is next to the pool at the Sheraton Maui. It's not the huge, glamorous spa that you may find at other resorts, but it has an intimate setting and offers comparable services using Hawaiian products (try the Ka`anapali Sugar Scrub, the ultimate Island Seaweed Facial or a Lomi Lomi massage).

Magical Maui: The Sheraton Maui has recently initiated a program that introduces *keiki* (children) of the guests to the children of the Na Kamali`I Nani O Lahaina hula halau (The "Beautiful Children of Lahaina" hula school) in an attempt to perpetuate the rich culture of the islands through the beauty of hula. This cross-cultural journey helps children meet new friends and participate in the ancient dance.

The Royal Lahaina Resort, 2780 Keka`a Drive, ☎ 800-447-6925 or 808-661-3611. Managed by Hawaiian Hotels & Resorts, www.hawaiianhotels.com, The Royal Lahaina Resort is on the northern side of Black Rock and offers everything that the southern resorts have but at a much better price. Situated on 27 acres of tropical lawns and gardens, the resort has 592 units, including an exclusive two-bedroom cottage suite ($800/night) with its own pool, Jacuzzi and waterfall leading out to Ka`anapali Beach. There are two oceanfront pools, plus access to the nearby Royal Lahaina tennis ranch with 11 courts. The three-story Hale Kaanapali wing has basic rooms at great rates, while the Lahaina Kai Tower has luxury suites for a bit more. They also have cottage rooms, including one- and two-bedrooms suites. Hale Kaanapali $$; Lahaina Kai Tower (garden, partial ocean view and ocean view) $$$; Lahaina Kai Tower oceanfront $$$$; garden cottage room $; ocean-front cottage room $$$$; one- and two-bedroom cottage suites $$$$

Condominiums

Kaanapali Alii, 50 Nohea Kai Drive, ☎ 800-642-6284 or 808-667-1400, www.kaanapalialii.com. This complex has 264

spacious units, either one or two bedrooms (1,500 and 1,900 square feet), complete with fully equipped kitchens, private lanais, washer/dryers and TV/VCRs. They also have a heated swimming pool, beach cabanas and a barbecue area. There is a three-night minimum. $$$$

The Whaler, ☎ 800-922-7866 or 808-661-4861, is an unpretentious special spot on the Ka'anapali strip. This huge condominium complex consists of two towers with 359 units, all with large lanais. Not highly advertised, the Whaler is a favorite among long-timers. And don't try to use their pool – they have security guards to help you if you get "lost." Garden-view $$$; ocean-view $$$$; one-bedroom $$$$; two-bedroom. $$$$$

Outrigger Maui Eldorado, 2661 Kekaa Drive, ☎ 800-688-7444 or 808-661-0021, www.outrigger.com. On the Ka`anapali North golf course overlooking the fourth and sixth fairways, this condominium complex is farther from the beach than the oceanfront resorts that line Ka`anapali Beach, but it has an exclusive cabana for guests at the beach. The Eldorado has 100 units – studios, one- and two-bedrooms – that all have washer/dryers and air-conditioning. Guests have their choice of three swimming pools (two heated, one natural temperature) and complimentary use of nearby tennis and fitness facilities. It's a short stroll to Ka`anapali Beach and the restaurants and shops at Whalers Village. Studios $$$; one- and two-bedroom units $$$$

Maui Kai, ☎ 800-367-5635, www.mauikai.com. All of the studio and one- and two-bedroom units are on the ocean fronting Ka`anapali Beach. They also have full kitchens, maid service, air-conditioning and cable TV. Studio $$$; one-bedroom $$$; two-bedroom.$$$$

Maui Ka`anapali Villas, 45 Kai Ala Drive, ☎ 800-922-7866 or 808-667-7791, www.astonhotels.com. Situated on 11 acres of manicured gardens, this Aston condominium resort has basic hotel rooms or one- and two-bedroom suites with kitchens, TVs and daily maid service. Room rates can be about a third cheaper during the slow season from April to mid-June and mid-August through mid-December. Hotel rooms $$$; studios $$$$; one-bedroom suites $$$$; two-bedroom suites $$$$$

■ Honokowai

As you leave Ka`anapali, headed north on Honoapi`ilani Highway (Highway 30), you'll soon run into a series of three small towns that blend together into one long stretch of condominiums, strip malls, mostly rocky beaches, surprisingly good restaurants and one superior beach at the top.

Turn left onto Lower Honoapi`ilani Road where the signs direct you to Honokowai. As you drive down the road, you'll see condos on the left and shopping centers on the right.

Shopping

The first shopping center on the right is called **Honokowai Marketplace**. You'll find a **Star Market** for most of your grocery and household items.

Da Rose Mall is a small center on the left side of the road and has a few touristy gift shops. **Maui No Ka Oi** farmers hold a farmers' market in the parking lot from 7:30 am to 3:30 pm Mon. through Sat. and from 11 am to 5 pm on Sundays. There are fruits and vegetables available as well as some Maui gift items and clothing.

If you can, wait for the larger and better farmers' market held in the parking lot of **Honokowai Beach Center & Farmers Market & Deli** on Monday, Wednesday and Friday from 7 to 11 am. There is a better selection of fruits and vegetables as well as homemade dips, cheeses and bouquets of locally grown flowers.

Latino Mexican Market has everything Mexican – spices (fresh and canned), sauces, DVDs, CDs, cassettes, Mexican soap. Try a warm, homemade tamale.

The Fish Market, ☎ 808-665-989, is in the AAAAA Rent-A-Space Mall (locally called the 5A Mall). It has an impressive variety of fresh fish, which can be sold as-is or prepared in one of their sauces and all you need to do is cook it. They even give you little aluminum pans to cook your fish in. The staff can help you choose a fish and a preparation, as well as give you the appropriate instructions. Preparations include a "dynamite" sauce with a hint of caviar, dill garlic butter, macadamia nut pesto or a sweet Thai chili sauce. They

sell an assortment of Maui-made bottled sauces and seasonings, as well as homemade salads and hummus. Open from 10 am to 8 pm Monday through Saturday and noon to 6 pm on Sundays.

Sightseeing

Honokowai Beach Park has a small lagoon for toddlers, small beach area, barbecues, restrooms, benches, swings and large grassy area.

Where to Eat

In the **Honokowai Marketplace**, the hip **Soup Nutz & Java Jazz** coffee shop, ☎ 808-667-0787, www.javajazz.net, has much more than coffee. Open for breakfast, lunch and dinner, they also serve smoothies, cocktails, wine and beer. The menu is varied, with four freshly made soups for lunch, plus fresh fish and top grade steaks for dinner. They offer an over half-pound Hawaiian spiny lobster tail in a lemon butter sauce, chicken picatta and angel hair pastas. Save room for some of their delicious desserts. Breakfast is served all day long – choose from omelets, pancakes, bagels and waffles. Java Jazz is open from 6 am to 9 pm Monday through Saturday and 6 am to 6 pm on Sundays. Breakfast $; lunch $; dinner $$

Next door is **Pizza Paradiso**, ☎ 808-667-2929, www.pizzaparadiso.com, which has some of the best pizza on Maui plus award-winning pastas, sandwiches, salads and desserts. This isn't your basic pizza joint. The restaurant was opened by three friends who decided to merge their combined restaurant skills. Pizza Paradiso uses 100% pure Italian olive oil, homemade sauces, fresh breads and fresh and natural herbs in all their recipes. The results are impressive. Pizzas come in medium, large and Big Kahuna sizes, with names such as Jimmy Hoffa (mozzarella buried under tons of pepperoni), the God Father (roasted chicken, artichoke hearts,

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

sun-dried tomatoes, olives, bell peppers, onions and mushrooms) and Maui Wowie, with ham and Maui pineapples. Each slice weighs in at over a pound, so bring your appetite. Pasta dishes are served with spaghetti or penne pasta and sauces include the Mona Lisa with gorgonzola cheese, apples and walnuts or the Massimo with artichoke hearts, sun-dried tomatoes and capers in a creamy pesto sauce. They also have paninis, a gyro, and crostini. Try their famous tiramisu for dessert. $

In the AAAAA Rent-A-Space Mall (locally called the 5A Mall), you'll see the popular **Honokowai Okazuya & Deli**, ☎ 808-665-0512. Open from 10 am to 2:30 pm and 4:30 to 9 pm Monday through Saturday; closed Sundays. This almost-always-busy famous-with-the-locals takeout restaurant is famous for fish dishes, especially the mahimahi in a lemon caper sauce. Entrées are served "plate lunch" style, with rice and a choice of macaroni salad or stir fried veggies. You can get the mahimahi broiled, sautéed, panko-crusted and fried or made into fish and chips. They have chicken katsu, kung pau chicken, salads, hot and cold deli sandwiches, burgers and pastas. Vegetarians will enjoy Grandma's spicy tofu or pasta primavera. It's tiny inside and the line is frequently out the door but it's worth the wait. If you do get one of the small counter seats, there's a stack of magazines for you to read while you wait for your meal. Nothing is over $11! $

Where to Stay

**Chase `N Rainbows**, ☎ 800-367-6092 or 808-667-7088, www.chasenrainbows.com, can help you choose from the dozens of available condominiums available in Ka`anapali, Honokowai, Kahana and Napili.

Aston Kaanapali Shores, 100 Ka`anapali Shores Place, ☎ 800-922-7866 or 808-667-2211. This 463-unit resort is on North Ka`anapali Beach and all units have telephones, TV, daily maid service and air-conditioning. Hotel room $$$; studio $$$$; one-bedroom $$$$; two-bedroom $$$$$

■ Kahana

Kahana is the next town up and you'll only know you're there when you see the Kahana Gateway Shopping Center, home to Roy's restaurant, a McDonalds and the Fish and Game Brewing Company.

Where to Eat

The Fish & Game Brewing Company & Rotisserie (in the Kahana Gateway Shopping Center), ☎ 808-669-3474. If you love all kinds of meat poultry and seafood, check out the Fish & Game. Besides the usual fish dinners, they have oysters, clams, mussels, shrimp, crab, lobster and calamari, all cooked in a wood-fired rotisserie. The menu also has pastas, chicken dinners, prime rib, filet mignon, rack of lamb, pork ribs and duckling. Open for lunch 11 am to 3 pm, Happy Hour 3 to 5 pm, dinner 5:30 to 10 pm. Late night dining 10:30 pm to 1:30 am. Lunch $; dinner $$

MAUI BREWS

The Fish & Game Brewing Company & Rotisserie brews several beers on site, including the Honolua "Helles" Lager, Primo Pilsner, the light Bikini Blonde Lager, copper-colored Plantation Pale Ale and the Wild Hog Stout. They also have seasonal beers. All handcrafted beers come in your choice of a small, large or extra large glass or as part of the beers sampler with six 3.5-ounce servings. The brews are served at Maui restaurants, such as Lahaina Fish Company, Plantation House in Kapalua, Lahaina Coolers and Pacific'O in Lahaina.

Reilley's Steaks & Seafood, ☎ 808-665-1881, www.reilleys.net, recently moved from Ka`anapali to the Kahana Gateway Shopping Center. They still have the same steak and seafood menu. For lunch, try one of their fresh sal-

ads or a classic sandwich. For dinner, indulge in lobster, fresh fish or rack of lamb. $$$

Roy's Kahana Bar & Grill, ☎ 808-669-6999, is the West Maui outlet for Chef Roy Yamaguchi's successful chain of high-end restaurants that blend contemporary cuisine with a Hawaiian flair. All of his restaurants share a sense of food style; they include some of Roy's classic dishes, but each restaurant has its own individual approach to cuisine. Local ingredients are frequently used, such as in the Kamuela tomato and warm onion salad and Nalo farms mixed green salad. Fresh fish is highlighted in the menu. Entrées include those that are Ma Ke Kai (from the sea) and Ma Ka Aina (from the land). Try a Hawaiian style mixed plate dinner, such as Roy's honey mustard beef short ribs & Kiawe grilled island ono (a firm, mild white fish) or cilantro seared mahimahi and lemongrass dusted onaga. Save room for the mouth-watering melting hot dark chocolate soufflé, but don't forget that it needs to be ordered before your dinner so there's sufficient time for the wonderful presentation. $$$

You'll find a favorite from home, the **Outback Steakhouse**, ☎ 808-665-1822, in the Kahana Gateway Center, with a "No Worries" Happy Hour from 4 to 7 pm and again from 10 pm to midnight. $$

The small Kahana Manor Shops is home to **Dollies Pub & Café**, ☎ 808-669-0266, which has two Happy Hours – one from 3 to 6 pm and another from 10 pm to midnight. They serve pizza, salads, sandwiches and pastas daily from 11 am to midnight. $$$$

China Boat, 4474 Lower Honoapi`ilani Road, ☎ 808-669-5089. This better-than-usual Chinese restaurant is behind Kahana Gateway Shopping Center. They have all the standard chicken, seafood, and meat dishes as well and fried rice and noodle entrées. And they don't use MSG. Order à la carte or have a special family dinner for parties of two or more. $$

Kahana Terrace Restaurant & Bar, ☎ 808-669-5399, is poolside at The Sands of Kahana condominiums. The restaurant serves breakfast, lunch and dinner at a prime sunset and whale-watching spot. Breakfast includes the basic eggs, pan-

cakes (macadamia nut, banana or pineapple) and omelets. Kahana Terrace serves biscuits and sausage gravy, homemade corned beef hash and a breakfast burrito. Lunch entrées are served with French fries, Maui chips or potato salad and consist of sandwiches, burgers, hot dogs and fish and chips. There's a selection of salads, including an Asian chicken salad with Thai peanut sauce. Dinners feature beef, chicken, fish and seafood entrées, such as "surf and turf" specials, lobster and prime rib. An all-you-can-eat poolside barbecue is served from 4 to 8 pm on Sundays, with ribs, teriyaki chicken, fish, hot dogs and salad bar at $17 for adults and $7 for children age 10 and under. Breakfast $; lunch $; dinner $$

Where to Stay

Condominiums

Papakea, 3543 Lower Honoapi`ilani Highway, ☎ 800-267-5037 or 808-669-1902. This 364-unit complex is made up of five four-story towers. They have two pools, two Jacuzzis, two saunas, tennis courts and washer/dryers. This quiet location is a good place for families. Seven-night minimum. Studio $$; one-bedroom $$$; two-bedroom $$$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Maui Sands, 3559 Honoapi`ilani Highway, ☎ 800-367-5037 or 808-669-1902. This older complex has a large pool with a barbecue area. All 76 units are air-conditioned and have kitchens. One-bedroom $$; two-bedroom $$$

Hale Kai, 3691 Lower Honoapi`ilanai Highway, ☎ 800-446-7307 or 808-669-6333, www.halekai.com. This small two-story condominium complex has 40 units and is close to the beach and park. All units have lanais, kitchens and there is a pool on the property. One-bedroom $$; two-bedroom $$$; three-bedroom $$$

Hale Maui, PO Box 516, ☎ 808-669-6312, www.maui.net/~halemaui. This reasonably priced apartment-hotel has all one-bedroom suites, each with a full kitchen, TV

and ceiling fan. Laundry facilities and barbecue are on property. $$

Noelani, 4095-L Honoapi`ilani Road, ☎ 800-367-6030 or 808-669-8374, www.noelani-condo-resort.com. Each of the 50 units in this condominium complex are oceanfront, with private lanais. Choose from a studio, one- , two- or three-bedroom units. Each has a fully equipped kitchen and TV. The larger units come with a washer and dryer. The complex has two ocean-side pools and a Jacuzzi. Studio $$; one-bedroom $$$; two- and three-bedroom $$$$

Kaleialoha Condominiums, 3785 Lower Honoapi`ilani Hwy, ☎ 1-800-222-8688 or 808-669-8197, www.mauicondos-oceanfront.com. Try to get a corner room. A little older, but the grounds are well maintained and there is a dining bar made in stone overlooking the ocean. There isn't a beach on-site but the condos are so close to the ocean that the sounds of waves crashing on shore will make you forget about it. Maid service is additional. My only pet peeve is you cannot use the washer and the dryer at the same time. There is a cleaning fee of $60 for stays of fewer than six nights. $$

Hoyochi Nikko, 3901 Lower Honoapi`ilani Highway, ☎ 800-487-6002 or 808-669-8343. All 18 units are one-bedroom with ocean views. Park underground. $

Noelani, 4095 Lower Honoapi`ilani Highway, ☎ 800-367-6030 or 808-669-8374. This complex has 50 oceanfront units in one four-story building and then two two-story buildings. There are two pools. There's no beach here but you'll find one up the road. Studio $$; one-bedroom $$$; two-bedroom $$$$

Sands of Kahana, 4299 Lower Honoapi`ilani Highway, ☎ 800-326-9874 or 808-669-0423. This eight-story condominium complex has a five-night minimum. There's a pool, Jacuzzi and three tennis courts and the resort is home to Kahana Terrace Restaurant & Bar, which is open for break-

fast, lunch and dinner. One-bedroom value view $$$; one-bedroom ocean view $$$; one-bedroom ocean-front $$$$; two-bedroom value view $$$$; two-bedroom ocean view $$$$; two-bedroom ocean front $$$$; three-bedroom ocean view $$$$; three-bedroom ocean-front $$$$$

Outrigger Royal Kahana, 4365 Lower Honoapi`ilani Road, ☎ 800-688-7444 or 808-669-5911, www.outrigger.com, has 187 units, each with private lanai, cable TV and washer/dryer. There's a swimming pool, fitness center, tennis courts and barbecue area. Short walk to shops and restaurants at Kahana Gateway Shopping Center. Studios $$$; one-bedroom suites $$$$; garden and ocean-view two-bedroom suites $$$$; ocean-front two-bedroom suites $$$$$

Kahana Village, 4531 Honoapi`ilani Road, ☎ 800-824-3065, www.kahanavillage.com. This townhouse complex has a heated pool, a small beach and consists of two- and three-bedroom oceanfront condominiums with full kitchens and private lanais. Two-bedroom ocean view $$$$; two-bedroom ocean-front $$$$; three-bedroom ocean-view $$$$; three-bedroom ocean-front $$$$$

■ Napili

Napili is best known as home of Napili Bay, a beautiful crescent-shaped bay that is family friendly.

Shopping

There's one handy shopping center, **Napili Plaza**, which has a grocery store and several small eateries. The **Napili Market** in the center is open from 6:30 am to 11 pm.

A **craft fair** is held at the Napili Plaza from 9 am to 4 pm every Wednesday and Saturday. It offers jewelry, candles, original art work and handmade-in-Maui items.

Adventures on Horsebook

Ironwood Ranch, ☎ 808-669-4991, www.ironwoodranch.com, has horseback rides in the foothills of the West Maui Mountains, through tropical valleys with views of the coastline and Moloka`i and Lana`i.

You'll see lots of pineapple fields on this tour in which all of the horses are named after celebrities. Across the Honoapi`ilani Highway from Napili Plaza, this is the only horseback ride on this side of the island and they offer hotel pick-up from Ka`anapali and Kapalua.

Where to Eat

In the **Napili Plaza** grab a healthy vitamin-enhanced treat at **Planet Smoothie**, ☎ 808-669-8447. They have over 30 kinds of smoothies, each with a different purpose – try a Two Piece Bikini in chocolate or strawberry (with bananas and a blast of "fat burner") or a Yo' Adriane with peaches, strawberries, yogurt and a woman's vitamin supplement. They also have healthy soups and sandwiches.

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Mama's Ribs 'n Rotisserie, ☎ 808-665-6262, has fast and affordable take-out meals, including ribs, chicken, lasagna and salads. Entrées come with your choice of two sides: white rice, BBQ baked beans or macaroni salad. They're open from 11 am to 7 pm Monday through Saturday and closed Sundays. Get your coffee fix at **The Coffee Store** – try organic coffee from Hana or a blend from Moloka`i. $

The original **Maui Tacos**, ☎ 808-665-0222, www.mauitacos.com, is also here, serving healthy, affordable (nothing over $6.95) Mexican food with a Hawaiian flavor twist. Entrées are named after local surf spots and communities, such as the Ho`okipa burrito, with fresh fish, black beans and fresh salsa, and the Napili, with charbroiled chicken or steak plus rice and black beans. They have vegetarian entrées, salad and à la carte items, such as soft and hard tacos, nachos and enchiladas. Complement your entrée with a visit to the salsa bar where there is a variety of mild to extra-hot salsas and other additions. Chef Mark Ellman (who is one of the original 12 famed Hawaii Regional Cuisine chefs) started his Maui Taco empire here in 1993 and he now has

branches in Lahaina, Kihei, and Kahului, as well as on the Big Island and Oahu. $

Sea House Restaurant is at Napili Kai Beach Resort, 5900 Honoapi`ilani Road, ☎ 808-669-1500, www.napilikai.com. Breakfast is served daily from 8 to 10:30 am, lunch from 11:30 to 2 pm and dinner from 5:30 to 9 pm. Have a pre-dinner drink at the **Whale Watcher's Bar**, which has a wonderful unobstructed view of Napili Bay. For breakfast, try the French toast made with Hawaiian sweet bread or banana-macadamia nut pancakes. The lunch menu is all over the place in terms of cuisine – there's sushi, seafood cioppino, a filet mignon sandwich, and a Kona Maine lobster Caesar salad. Try the coconut macadamia nut shrimp with a tropical fruit salsa and sweet Thai chili sauce or the five-onion soup with three kinds of cheese. The dinner menu mostly centers on seafood, with several fish dishes, shrimp, Big Island abalone, scallops, and lobster tail entrées. Try the oven-roasted mahimahi stuffed with shrimp, scallops and crab with a ginger sake sauce. Breakfast $; lunch $; dinner $$

The Gazebo, ☎ 808-669-5621. Open from 7:30 am to 2 pm daily for breakfast and lunch. This small and always-crowded diner is poolside at the Outrigger Napili Shores. It's literally the size and shape of a gazebo and there's always a wait. When you arrive, there's no waiting list – you just have to wait in line. You'll be bumping elbows with your neighbor once you sit down but it's worth the wait and the turnover is fast. I did feel bad for the two people sitting at the back table about one foot away from the restrooms. Breakfasts are huge and delicious (I can't believe all this food comes out of the tiny kitchen!), with egg dishes, such as Portuguese sausage and eggs, corned beef hash and eggs, eggs Benedict and a breakfast burrito. The French toast and buttermilk pancakes can be made the regular way or with macadamia nuts, pineapple, banana or white chocolate chips. Choose from nearly a dozen omelettes or just go for the "Big Kahuna" with bacon, Portuguese sausage, mushrooms, onion, avocado and pepper jack cheese. Lunch consists of a nice variety of salads, sandwiches, burgers and plate lunches. Don't forget your cash because they don't take credit cards. Breakfast and lunch $

Where to Stay

Hotels

The Mauian Hotel, 5441 Lower Honoapi`ilani Road, ☎ 800-367-5034, 808-669-6205, www.mauian.com. Opened in 1959, the Mauian has aged well. The 44 studios seem a little worn, but it adds to the charm of these cabin-like accommodations. The furniture is reproduced from 19th-century Hawaii and the 1950s-style architecture of the late Edwin Bauer has been preserved. There are no televisions. The hotel's best feature, though, is its prominent location on Napili Bay, a kid-friendly beach that has great snorkeling and swimming. The hotel is also between two great restaurants – The Sea House Restaurant to the north and the breakfast-and-lunch-only Gazebo on the southern end. $$$

Condominiums

Hale Napili, 65 Hui Drive, ☎ 800-245-2266 or 808-669-6184, www.halenapili.com. Each of the 18 one-bedroom or studio units comes with a private lanai, TV, telephone and fully equipped kitchen. There is daily maid service and laundry facilities. Garden- or ocean-view studio $$; ocean-front studio and one-bedroom $$$

Outrigger Napili Shores, 5315 Lower Honoapi`ilani Road, ☎ 800-688-7444 or 808-669-8061, www.outrigger.com. Ocean-side on beautiful Napili Bay, this 101-unit complex has studios and one-bedroom accommodations, each with a private lanai. There are two swimming pools, a whirlpool and the low-key, simple-yet-spectacular **Gazebo** restaurant. Garden- and ocean-view studios. $$$

Napili Sunset, 46 Hui Drive, ☎ 800-447-9229 or 808-669-8083, www.napilisunset.com. Right on the beach, the Napili Sunset has 41 units with great ocean views. Each comes with a fully equipped kitchen, TV, telephones and ceiling fans. There are laundry facilities, a barbecue area, a heated pool and daily maid service. If you're on a budget the studio apartments with a garden view are your best bet. If you want to splurge, go for the one-bedroom beachfront unit or a two-bedroom, two-bath beachfront apartment. There's a

three-night minimum. Studio $$; one-bedroom $$$$; two-bedroom $$$$

Napili Surf Beach Resort, ☎ 800-541-0638 or 808-669-8002, www.napilisurf.com. The Napili Surf is right on Napili Bay and the grounds include two pools, three barbecue areas and an herb garden. The units were renovated in 1997 and include a 525-foot studio or a 600-foot one-bedroom. Garden-view studio $$; ocean-view studio $$$; one-bedroom ocean-view. $$$$

Napili Village Vacation Condos, 5425 Honoapi`ilani Highway, ☎ 800-336-2185 or 808-669-6228, www.napilivillage.com. Daily maid service. Phone and TV, with washer and dryer facilities. Nearby store, snorkel shop and salon. $$

Napili Kai Beach Resort, 5900 Honoapi`ilani Road, ☎ 800-367-5030, 808-669-6271, www.napilikai.com. This resort has one of the best spots on beautiful Napili Beach.

Accommodations range from a single hotel room to studios and one- and two-bedroom suites. The air-conditioned rooms have TVs, Internet access upon request and in-room safes. Napili Kai also has packages available for honeymooners, those celebrating special occasions and those looking for a room-and-car package. They also have a fifth-night-free special during slower times of the year. The **Sea House Restaurant** and **Whale Watcher's Bar**, with nightly Hawaiian entertainment, are part of the resort. $$-$$$$$

SPA ADVENTURE

Makai Massage & Bodywork in the Napili Kai Beach Resort has several types of massage as well as a massage sampler in which the therapist creates a treatment for your specific needs. They have body treatments, such as a Plush Papaya Body Facial with an exfoliation by

mans of a papaya pineapple body scrub, followed the application of a pineapple papaya body lotion with live protein enzymes applied to the whole body. They provide facials, peels and waxing. The salon offers tarot/card readings, handwriting analysis, numerology and feng shui sessions. ☎ 808-662-0887.

■ Kapalua

Kapalua is a lovely spot north of Lahina and Ka`anapali and is home to one of the more exclusive resorts on the island.

History

Once a ranch and pineapple plantation, Kapalua is now an exclusive resort encompassing two hotels – the Ritz-Carlton and the Kapalua Bay Hotel. The Ritz-Carlton was supposed to be a beachside hotel but when it was being built in 1987, it was discovered that the site was a burial place for ancient Hawaiians. Carbon dating indicated that Hawaiians lived here as early as AD 610. The developers decided to move the hotel farther inland and let the spirits rest.

Shopping

The **Shops at Kapalua** are open from 9 am to 6 pm, with many upscale stores that tend to be on the touristy side. There's the **Kapalua Logo Shop**, where you can find anything from golf balls to caps and coffee cups with the elite Kapalua butterfly logo. Or there's **Kapalua Kids**, with everything for the *keiki*.

The **Kapalua Home Store** has clay dishes handmade in Hawaii featuring Hawaiian-style prints as well as an interesting selection of martini glasses, wine glasses and wine accessories.

There is a branch of **Lahaina Galleries** here.

CALLING ALL CRAFTERS

The Kapalua Shops offer many Hawaiian-oriented activities, such as hula lessons, Hawaiian quilt making, `ukulele lessons and lauhala weaving. Most are free, but some charge for materials. For more information, ☎ 808-669-3754.

Sightseeing

Kapalua Bay

Its name means "arms embracing the sea," and this beach is good for snorkeling, scuba diving and kayaking. It is one of the safest beaches in West Maui, especially during the winter months.

The **Maui Pineapple Company** offers 2½-hour tours of their plantation in Kapalua. You'll learn everything you need to know about pineapples during the tour and you even get to pick a pineapple to take home. Tours are $29 per person and the age minimum is 10.

Honokahua Burial Site

As you pass The Ritz-Carlton Kapalua, you'll come to an intersection with a parking lot on the right. Park and look toward the ocean and you'll see the Honokahua burial site. Registered as a State Historic Place, this hill overlooking the ocean is actually the burial ground of ancient Hawaiians dating back to the time between AD 850 and the early 1800s. The 13.6-acre preserve also includes part of Ataloa, an ancient stone-paved trail. Please don't disturb the area though – it is reserved for native Hawaiian ceremonial and religious practices.

Beaches

D.T. Fleming Beach Park is named after David Thomas Fleming, the second manager of Honolua Ranch, who is credited with the introduction of pineapples as a commercial crop in West Maui.

Mokule`ia Beach (aka Slaughterhouse), past D.T. Fleming Beach, is part of a Marine Life Conservation District. Look for cars parked along the narrow road and you'll see the marine

life conservation sign. Hike down the trail and you'll soon the beach. This is a great body surfing spot in the winter (if you're experienced) and in summer the beach is a nice spot to swim.

The next bay past Slaughterhouse Beach is the **Honolua** – look for the dirt road on the left. This beach has excellent snorkeling in the summer and spring.

> **Adventures in Art:** The **Art School of Kapalua** is a non-profit arts education facility at 800 Office Road with a variety of classes for adults and children as well as a small gallery. Adult drop-in art classes include pastel painting, life drawing, oil painting, a watercolor workshop, sculpting and pottery. Classes are held Monday through Friday and range between $10-70, but you'll get a 20% discount if you become a member of the art school. For kids ages five-10, they offer a keiki day camp in which children are introduced to the world of art through hands-on projects. They also have something for older kids aged 11-16 called the Adventure Seven Program. It includes a visit to the beach, followed by lunch at Honolua General Store and then an afternoon at the art studio for arts and crafts, such as candle making, mosaic, silk painting and papermaking. Both kids' programs are seasonal and cost $60 a day. The school has a yoga studio with classes every day of the week. ☎ 808-665-0007 or visit www.kapaluaart.com for more information.

Adventures on Foot

Golf

Kapalua has three 18-hole championship courses – the par-72 **Bay Course**, ☎ 808-669-8044, with palm trees, ironwood trees and Cook pines, overlooking Moloka`i at one point; the par-70 **Village Course**, ☎ 808-669-8044, which winds its way up through pineapple

fields to a lake at 750 feet above sea level; and the par-73 **Plantation Course**, ☎ 808-669-8044, which is home to the PGA Tour's Mercedes Championship. The scenery is unforgettable at all three courses with views of the West Maui Mountains and the Pacific Ocean. Kapalua also has a state-of-the-art **Golf Academy and Practice Facility**, which has 85,000 square feet of grass teeing area, an 18-hole putting course and a digital video hitting bay. If your golf skills are a little rusty, they offer a morning half-day golf school that includes lunch with the pros. Visit www.kapaluamaui.com or call ☎ 808-669-6500.

> **Inside Tip:** Guests of The Kapalua Villas receive preferred golf rates and 30-day advance tee times.

Tennis

Kapalua has two tennis facilities with a total of 20 plexi-pave courts, nine of which can be used for nighttime play. ☎ 808-669-5677 or visit www.kapalua.maui for more information.

Adventures on Water

Kayaking

The **Kapalua Dive Company**, ☎ 808-669-3448, www.kapaluadive.com, offers a snorkel/kayak tour every day. You kayak north from Kapalua up to Hawea Point in an uncrowded environment.

Snorkeling

Honolua Bay and **Mokule`ia Bay** offer great snorkeling.

Scuba

The **Kapalua Dive Company**, ☎ 808-669-3448, www.kapaluadive.com, has a variety of dive tours available, including a kayak/dive combination, night dives and a beach dive for certified divers. They offer a PADI certification program as well as an introductory dive that lets

you try it out and decide whether you want to pursue this fascinating hobby.

Where to Eat

Honolua Store, 502 Office Road (next to the Ritz-Carlton Kapalua), ☎ 808-669-6128. Breakfast is served daily from 6 to 10 am. Lunch is from 10 am to 3 pm. In the midst of ritzy resorts and five-star restaurants lies this gem – a general store, souvenir shop and deli all rolled into one. Pick up the morning paper as well as an inexpensive breakfast of biscuits and gravy or loco moco, a local favorite consisting of two eggs and a hamburger patty served over rice and smothered with gravy. For lunch, sandwiches are either made to order or self-serve. There are also burgers, salads, fish and chips and, of course, a plate lunch with your choice of one or two entrées with rice and macaroni salad. $

Sansei Seafood Restaurant & Sushi Bar (in the Kapalua Shops), ☎ 808-669-6286, prides itself on its new wave sushi and contemporary Japanese specialties. Start with a mango and crab salad hand roll with a sweet Thai chili vinaigrette or panko-crusted fresh ahi sashimi. For dinner try one of the fresh fish entrées or the chili-porcini mushroom crusted filet of beef tenderloin. Sushi fanatics must have the Sansei special roll with spicy crab, cilantro, fresh cucumber and avocado, dusted with furikake and served with sweet Thai chili sauce. Sansei also has noodle dishes, salads and seafood entrées, such as seafood pasta, lobster tail stuffed with spicy crab, masago and cilantro and fresh fish dinners. Non-seafood items include Japanese jerk chicken, Peking duck and grilled filet of beef tenderloin. Open for dinner only from 5:30 pm on, with early bird and late night specials. Sansei has laser karaoke every Thursday and Friday from 10 pm to closing. $$$

Vino, 2000 Village Road (in the Village Course clubhouse), ☎ 808-661-8466. Open from 11 am to 2 pm for lunch and 6 to 10 pm for dinner, with mid-day service from 2 to 5:30 pm. This is the newest restaurant in chef/restaurateur D.K. Kodama's little empire (he is owner of the Sansei restaurants). The focus of this one is Italian. Start with homemade ravioli filled with Italian sausage, ricotta cheese and baby spinach with a

homemade marinara sauce. For dinner try the pappardelle pasta with handmade squares of egg pasta and local basil pesto, roma tomatoes, toasted almonds and Pecorino Romano. Vino has Hawaii's only Master Sommelier, Chuck Furuya, who has carefully created an extraordinary wine list with more than 150 varieties. The Kona coffee tiramisu is a great way to finish off your meal at Vino. $$$

The Plantation House Restaurant, 2000 Plantation Club Drive, ☎ 808-669-6299, www.theplantationhouse.com. Open for breakfast and lunch from 8 am to 3 pm and dinner from 5:30 pm. They have fantastic food to complement the fabulous view of the Kapalua golf courses with the ocean in the background. Executive Chef Alex Stanislaw goes all out in using fresh and local ingredients for his dishes. For breakfast, try seared ahi Benedict with wasabi hollandaise or French toast made with Molokai sweet bread. Lunch includes salads (try the goat cheese salad with a passion fruit vinaigrette) or a fish sandwich, either grilled or blackened. Dinner entrées consist of salads, pastas and such dishes as a Maui onion-crusted lamb rack or an oven-roasted Molokai pork tenderloin. Breakfast and lunch $$; dinner $$$

Jameson's Grill & Bar, ☎ 808-669-5653, is open for breakfast from 8 am to 3 pm, lunch 11 am to 3 pm, dinner from 5 to 10 pm. They offer a smaller café menu from 3 to 10 pm. On Kapalua Drive in the clubhouse of the Bay Golf Course, Jameson's serves basic clubhouse fare – omelets and other egg dishes at breakfast, sandwiches and burgers at lunch and great appetizers and entrées for dinner. Try J.J.'s famous baked artichoke with garlic butter, croutons, parmesan and herb mayonnaise for an appetizer. Dinner includes fresh fish served either baked, grilled or sautéed, as well as prime rib, duck, chicken, lobster and prawn entrées. It's pricy but worth it. Breakfast $; lunch $$; dinner $$$

In the Kapalua Bay Hotel

Plumeria Terrace, ☎ 808-669-5656. Open 11 am to 4:30 pm. In addition to Cobb and Caesar salads, club and mahimahi sandwiches, burgers, pizza and nachos, they also serve a somewhat famous half-pound, foot-long hot dog for $9. $$

Gardenia Court, ☎ 808-669-5656, is open for breakfast and dinner. Wednesday is all-you-can-eat prime rib with a salad bar from 6 to 9 pm for $32 and Friday is a seafood buffet from 5:30 to 9 pm for $38. There's a champagne brunch on Sundays with pastries, omelets, fruit, cheese, sushi, waffles and pancakes. The cost is $32 per person or (what a deal!) $37 for bottomless champagne. Breakfast $$; dinner $$$

In the Ritz Carlton Kapalua

☎ 808-669-6200

Banyan Tree. Open for lunch from 11:30 am to 3:30 pm and for dinner from 5:30 to 9:30 pm. This pricy restaurant combines Asian and Hawaiian cuisines into creative meals. Lunch consists of sandwiches and salads as well as fresh fish specials. Dinner changes seasonally but focuses on seafood. Lunch $$; dinner $$$

Nightlife

The Ritz-Carlton hosts the **Masters of Hawaiian Slack Key Guitar** concert series where legendary musicians play music and tell stories every Tuesday evening. The concerts showcase masters of slack key but don't be surprised to hear some steel guitar, `ukuleke and falsetto singing. There are two shows – one at 6 pm and one at 8:30 pm. Tickets are $35 and reservations can be made by calling ☎ 808-669-3858.

Where to Stay

Hotels

The Ritz-Carlton, 1 Ritz Carlton Drive, ☎ 800-262-8400 or 808-669-6200, www.ritzcarlton.com. Situated on Kapalua Bay, this 548-room resort combines opulence with Hawaiiana. Service is extraordinary, as is the décor. Rooms have marble bathrooms and private lanais. The exclusive Club Floor is one notch up, with a special key to get in for la crème de la crème. $$$$$

Kapalua Bay Hotel, One Bay Drive, ☎ 808-669-5656, www.marriott.com. A Renaissance Resort, this 206-room hotel is on 18 acres of lush grounds overlooking Kapalua Bay.

All rooms have pleasant sitting rooms, private lanais, mini-refrigerators, VCRs and air-conditioning. The breathtaking lobby offers views of Moloka`i and Lana`i. $$$$$

Condominiums/Villas

Kapalua Villas, 500 Office Road, ☎ 800-545-0018 or 808-669-8088, www.kapaluavillas.com. There are 290 privately owned one- , two- and three-bedroom villas (ranging from 1,200 to 2,400 sq. feet) that are managed by Kapalua Land Company. Though they are pricey, you will enjoy hotel-like amenities, such as a 24-hour reception area, bell service to your place, door-to-door shuttle service, and charging privileges at all Kapalua restaurants and at the golf and tennis shops. You'll also have guest privileges at the nearby Ritz Carlton and Kapalua Bay Hotel. In-room amenities include private lanais, washer/dryers and fully equipped kitchens. There are also several swimming pools and barbecue areas within the property. The Kapalua Villas have many money-saving package deals catering to golfers, newlyweds and tennis enthusiasts $$$$-$$$$$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

■ The Back Side of West Maui

Traveling the beautiful trek from Wailuku up and around the north side of West Maui to Kapalua is a memorable trip. You can also drive the other way from Kapalua to Kahului, but then you're driving along the cliffside and there's no way to safely pull over and take photos as all of the lookouts are on the ocean side. It takes about an hour and a half and is

slow-going at times. Most rental car agencies prohibit you from driving on this road, although this rule is largely ignored. Keep in mind that you're on your own if you get stuck or have an accident on the road – you probably signed an agreement saying you wouldn't drive on it. The road used to be treacherous, but recent improvements have made it more manageable. It does get tight at times, however, with a portion of the road narrowing into a one-way thoroughfare.

> **Safety Tip:** When the road narrows and you're going around sharp corners, it is advisable to take it slow and honk your horn at blind corners to warn oncoming traffic.

Information

Ekahi Tours, ☎ 808-877-9775, www.ehaki.com, localstyle@ekahi.com, provides local-style tours to Kahakuloa Valley where you will hear a local resident recite ancient Hawaiian legends and see working taro fields in this historic area. They charge $70 for adults, $65 for seniors and $50 for children up to age 11. The tour is a one-way trip around West Maui that will take about seven hours and includes hotel pick-up and drop off from nearby resorts. Snacks are provided.

Sightseeing

Native Hawaiians flourished in Kahakuloa Valley 1,500 years ago. Now the area is quiet and comparatively untouched.

This tour begins when you leave Kahului and take Kahului Beach Road to Waiehu Beach Road, which turns into Highway 340.

Waihe'e

Waihe'e Beach Park is a secluded spot popular with locals, who can sometimes be seen spearing fish on the edge of the reef. The beach park has showers and picnic tables, but be cautious when swimming as the current can be strong. To get to Waihe`e Beach Park, take a right at the sign for Waiehu Golf Course and then right on Halewaiu Road. Go to the golf

club parking lot and, at the end of the road, turn left onto Waihe`e Beach Park.

Turnbull Studios and Sculpture Garden, ☎ 808-244-9838, www.turnbullstudios.net, is near Mile Marker 10 not far from the old Hawaiian village of Kahakuloa. Master sculptor Bruce Turnbull has his studio here, along with a gallery featuring local artists.

Aina Anuhea Tropical Gardens, ☎ 808-242-4592, www.ainaanuhea.com, are near Mile Marker 8 in a tropical rainforest overlooking the Waiololi Stream. When you stroll through these gardens you'll see waterfalls, an orchid house and a plethora of tropical flowers and plants. The small gift show has locally-made items, such as baskets and picture frames. They also sell orchids, which are already inspected and ready to take on the plane home. The gardens are open daily from 10 am to 4 pm.

Kahakuloa Head

Right before Mile Marker 14, you can't miss the huge, round, 636-foot-high Kahakuloa Head on your right, up the cliffs from the ocean. Next to it is a 547-foot hill called Pu`u Kahuli`anapa. The right side of Kahakuloa Head is called Kahekili's Leap after the 18th-century Maui King Kahekili, who is rumored to have jumped off here into the ocean and then climbed back up the cliffside – just for fun.

Let's hope you've gotten used to the narrow roads by now, as it gets worse between Mile Markers 14 and 15. Things improve after that.

Kahakuloa

After you head down the highway for a couple of minutes you'll see the old Hawaiian village called Kahakuloa. This is the only real community in this area and was once a bustling town. Only about 100 people live there now and you'll see some of them at the various fruit, flower and snack stands that line the road. Don't be surprised if some local kids run up to your car trying to sell you some refreshments. Remember, you are their bread and butter.

Bellstone

Between Mile Marker 15 and 16 is the Bellstone, a volcanic rock on the side of the road shaped like a bell. If you hit the rock, it makes an odd clanging sound.

After Mile Marker 16, the road becomes wider, smoother and more manageable. This is because the country road (Highway 340) has turned into a state road (Highway 30). This also explains why the Mile Markers go up to 16, followed by 41, with the following markers in descending order.

Nakalele Blowhole

This is halfway between Mile Marker 38 and 39 on the ocean side, with a lot of cars parked at the spot. If you follow the path down a couple of hundred feet you'll see the amazing Nakalele Blowhole. It is best-viewed during high tide, but keep your distance as this is a force of nature and very unpredictable.

After the blowhole, before Mile Marker 36, is the tiny village of Honokohau along Honokohau Bay.

South Maui

■ At A Glance

South Maui is at the foot of Haleakala and its location ensures that it is almost always sunny, with an average rainfall of less than six inches annually.

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To get to South Maui, follow the signs toward Kihei and Wailea from Kahului Airport. As you leave the rental car area, take a right onto Keolani Place (Highway 380). Proceed through the first traffic light, crossing Haleakala Highway; now you're on the busy thoroughfare called Dairy Road (Highway 38). Continue on through four stoplights and take a left at the fifth traffic light, which is the intersection of Dairy Road and Pu`unene Road (Hwy 311).

Take Pu`unene Road (renamed Mokulele Highway or Highway 31, after you leave Kahului) for about six miles until you get to Kihei. There are two ways to approach Kihei – the northern (and faster) route, called Piilani Highway (Highway 31), or the southern route (South Kihei Road), which slowly takes you by all the action of Kihei. If you're in a hurry and know where you're going or are headed toward Wailea or Makena, take the first left (Piilani Highway). If you want to take your time and check out the beach and dining options, take South Kihei Rd, which is the second left.

Driving Distances from Kahului Airport to:

Ma`alaea	15 minutes
Kihei	25 minutes
Wailea	35 minutes
Makena	45 minutes

If you want to check out Ma`alaea and the Maui Ocean Center, go right on Hwy 31, which is North Kihei Road, and will lead you to Ma`alaea Harbor.

■ Ma`alaea

Ma`alaea is an always-windy harbor area that bridges West Maui with South Maui and is about 15 minutes from the airport. Ma`alaea Village has become more popular due to the Maui Ocean Center and the adjoining shopping center. Its harbor is the starting point for many sightseeing and fishing expeditions. The area has many family-oriented activities and is a central location for all parts of the island. There are also some legendary restaurants, including Buzz's Wharf (page 204) and the Ma`alaea Waterfront (page 206).

There are several oceanfront condominium complexes along sugar cane-lined Mauoli Street and many are just a short walk away from a beautiful five-mile stretch of beach. Haycraft Beach Park is at the end of the narrow avenue.

Shopping

The Pacific Whale Foundation, ☎ 808-249-8811, has an outlet in the shopping center where you can book tours, learn more about Hawaii's ocean life and purchase souvenirs. They also have a free multimedia presentation called "Why Whales Do That!" It can answer your questions about these magnificent creatures.

The only real shopping to be had is in the Maui Ocean Center right on the Honoapi`ilani Highway. Coming from Kahului, you'll take the first exit on the right after the Carl's Jr. The exits are well-marked and parking is free and abundant.

One of my favorite shops in all the islands is the **Island Soap & Candle Works**, ☎ 808-986-8383, www.mauisoapworks.com, which originated on Kaua`i and now has branches on Maui and Oahu. The stores are working factories themselves (you can watch the products being made) and the soaps and candles reflect the tropical scents you'll smell throughout the islands, such as pikake, plumeria, gardenia, pineapple, passion fruit, tuberose, mango, coconut and strawberry guava. The beeswax blend candles can be purchased as votives or in a coconut, bamboo or monkeypod wood container. The soaps

are made with natural ingredients, including Kukui nut oil and macadamia nut oil, and are hand-poured and cured for 21 days. They also sell body lotions, bath gels, massage oils, homemade lip balms and a surfer's salve that can also be used to soothe sunburns. Island Soap & Candle Works is open from 9:30 am to 8 pm Monday through Saturday and 10 am to 6 pm on Sundays.

The **gift shop** inside the **Maui Ocean Center** has an enormous selection of gifts and souvenirs, including local artwork, made-in-Maui products, stuffed animals and nature books. Complimentary passes for the gift shop are available at the front entrance to the Maui Ocean Center.

Moonbow Tropics (also has stores in Lahaina and Pa`ia), ☎ 808-243-9577, www.moonbowtropics.com, has resortware for mature men and women, with labels such as Tommy Bahama, Tori Richard and Reyn Spooner. The clothes aren't cheap but they're well made. Also check out the T-shirt factory.

Sightseeing

Maui Ocean Center, 192 Ma`alaea Road, ☎ 800-350-5634 or 808-270-7000, www.mauioceancenter.com, is open daily from 9 am to 5 pm. This is Hawaii's largest aquarium and has frequently been compared to the legendary Monterey Bay Aquarium in California. The displays in this three-acre park are easy to read and informative. There are more than 60 interactive exhibits. The coral display is the largest in the nation. A touch pool allows you to meet and greet the sea stars, helmet shells and other tide pool animals. A colossal 750,000-gallon

saltwater aquarium with a walk-through tunnel is one of the highlights as you find yourself standing among fish, sharks and dozens of other sea creatures. The outdoor portion of the center includes Hammerhead Harbor, a turtle lagoon with Hawaiian sea turtles and a small café. Admission is $20 for adults and $13 for kids aged three to 12. You can rent a helpful audio guide for $2. Included with the admission is a guide to the center clearly labeling all of the creatures you may see as you roam the grounds. Kids love the Maui Ocean Center, so if you plan on more than one visit during your stay, check out the journey pass that allows for unlimited visits during a seven-day period.

SWIMMING WITH THE SHARKS

One of the newest features at the Maui Ocean Center is Shark Dive Maui, in which qualified visitors can pay a pretty price to hop into the 750,000-gallon Open Ocean Exhibit with sharks and other sea creatures. The exhibit has more than 50 species of fish and over 20 sharks, including the tiger shark. After an orientation, you will spend about a half-hour in the tank armed with a bag of clams for feeding. Plan on spending about two hours altogether. Part of the orientation is to show visitors that the bad rap that sharks get these days is unfair and that they should be respected, not feared. The dip with sharks costs about $190 per person plus equipment rental; you must be scuba-certified and age 15 or up. Dives are held daily at 9 and 10:15 am and reservations (☎ 808-270-7075) are a must for this once-in-a-lifetime adventure.

Kealia Pond National Wildlife Preserve

Established in 1992 as a home for endangered native water birds and to host migratory ducks and shorebirds, the Kealia Pond covers nearly 250 acres when full. More than 31 species of birds use the refuge, including the endangered Hawaiian stilt and coot.

A new boardwalk has been built for birdwatchers and sightseers alike to enjoy this enormous wildlife wonderland. The

Kealia Coast Boardwalk cost $2.6 million and is 2,200 feet long with a 90-foot bridge, three open-air kiosks and a bronze turtle sculpture by Maui artist Dale Zarrella.

Adventures on Foot

Miniature Golf & More

Next to the Maui Ocean Center is the **Maui Golf & Sports Park**, ☎ 808-242-7818, a haven for future extreme-sports enthusiasts. This small outdoor park is fun for kids and adults with two 18-hole miniature golf courses, rock climbing, bumper boats and an "Xtreme" trampoline. Snacks, such as pizza, teriyaki chicken, saimen, hot dogs and sodas, are available. You can choose activities à la carte or get a Big Kahuna or Little Kahuna combination for a discounted price. If you plan on spending a lot of time there or have lots of would-be players, you can get a 12-use never-expiring punch card that can be shared with friends or family members. Without discounts, all activities are $6 for children and $8 for adults, except for the 18 holes of golf, which are $10 for kids and $13 for adults. The Maui Golf & Sports Park is open daily from 10 am to 10 pm.

Adventures on Water

Scuba

Trilogy, ☎ 888-225-6284 or 808-874-5649, www.sailtrilogy.com, offers a two-tank twilight and night dive to Molokini where you frequently see sharks, rays and squids. The price is $145 and the departure time changes with the seasons so call for more details. The trip starts out with a one-tank exploration of Molokini before the sun sets. Divers then enjoy a dinner of burgers, chips, fruit and cookies on the boat while watching the sunset. For the second dive, you don dive lights for a completely different view of the underwater world. This dive is available to all certified divers age 10 and up.

Boat Cruises

Most boat companies offer a variety of cruises, depending on the season. Boats leaving Ma`alaea mostly leave on whale-watching or snorkeling excursions to Molokini. **Trilogy**, ☎ 888-225-MAUI or 808-661-4743, and **Pacific Whale Foundation**, ☎ 800-942-5311 or 808-249-8811, are two of the larger companies that leave out of Ma`alaea.

In the wintertime many companies leave for **whale-watching** tours from Ma`alaea and head out along Kihei and Wailea in search of the enormous creatures.

The popular **Pacific Whale Foundation**, ☎ 808-249-8811, has a two-hour whale-watching tour for $20 with a whale-sighting guarantee or your next trip is free (you redeem your free trip with your "just-a-fluke" coupon). Kids age six and under go for free (one per paying adult) and those ages seven-12 are $15. I went on a windy (I mean, windier than the normal very windy weather in Ma`alaea) day in early December and didn't see whales. The ride back to the harbor was extremely bumpy and the spray from the ocean ended up drenching everyone who was sitting outside. I think the ocean's behavior even took the crew by surprise, as I was amazed that they didn't warn us of the danger. This was definitely not a trip for little children or pregnant women (both of whom were with me at the time). One crewmember later said he hadn't been on a ride that rough in the two years he had worked for the company. I like the principle behind the Pacific Whale Foundation (it's a non-profit corporation focusing on whale research, public education and conservation programs) and think that my trip was just a fluke. The staff was knowledgeable in their presentation but impersonal when it came to individual service.

They also have a snorkel trip to Molokini and Turtle Arches and a snorkel trip to Lana`i.

> **Author's Note:** Crescent-shaped Molokini has gotten a bad rap in the past for being overcrowded and overused. Recent efforts have been made to minimize the number of snorkelers and scuba divers that visit the site.

> Now only 28 companies have permits to dock at Molokini and, despite what they say, it was still the clearest water I snorkeled in.

Most boat companies will take you snorkeling at crystal clear Molokini plus at least one other spot. Beginning snorkelers are accommodated on these trips and they all provide flotation devices if you're not a confident swimmer.

> **Inside Advice:** Most of the snorkel companies promise to take you to two snorkeling locations, whether it be Lana`i, Molokini, turtle town, or La Perouse Bay. Most of the time you'll get to snorkel at two spots but sometimes the weather just doesn't permit it. Listen to the captain – he or she has the title for a reason. Go with the flow and enjoy your trip.

Trilogy, ☎ 888-225-6284 or 808-874-5649, www.sailtrilogy.com, has a "Discover Molokini" snorkeling trip that leaves at 6:15 am and returns at 1 pm. It's a solid, family-run operation with a reputation for reliability. I have always had a good time on *Trilogy*. The morning starts with coffee and their famous homemade cinnamon rolls, ending with a barbecue chicken lunch on board. Cost is $110 per person, but you can get a discount if you book online.

Paragon Sailing Charters, ☎ 800-441-2087 or 808-244-2087, www.sailmaui.com, has two catamaran tours that leave Ma`alaea. One is a Molokini snorkel tour; the other is a three-hour snorkeling excursion leaving Ma`alaea and traveling north along the cliffs near the West Maui Mountains.

Frogman, ☎ 800-888-700-3764 or 808-662-0075, www.bossfrog.com, has been around for quite a while and has several tours available on their 55-foot sailing catamaran. The crew multi-tasks by putting out their fishing lines in hopes of catching dinner. They then head to Molokini, followed by turtle town. The catamaran has a waterslide for family fun

Maui Magic, ☎ 808-800-736-5740 or 808-879-8188, www.mauimagicsnorkel.com, has five-hour snorkel trips

daily with several destinations possible, depending on the conditions. They go as far as the Kanaio Coast, offshore of Kaho`olawe, turtle town, the turtle arches and La Perouse Bay. The two-story catamaran has an upper deck and a waterslide and each family or couple gets a video of their trip. Rates are $99 for adults and $79 for kids. You can get a substantial discount if you book online.

Four Winds II, ☎ 800-736-5740 or 808-879-8188, www.mauicharters.com, is a large fun-for-all glass-bottom catamaran with a waterslide, two spacious decks (one covered) and three ladders for getting onto the boat. The five-hour morning trip leaves at 7:30 (check-in is 7 am) and includes breakfast, a barbecue lunch, an open bar with beer, wine and soda, plus free sportfishing. The afternoon trip is shorter at 3½ hours and includes a barbecue lunch and open bar with beer, wine and soda. Both trips have a professional videographer who tapes your trip and then edits the tape onboard. The morning trip is $79 for adults and $49 for kids, while the afternoon trip costs $39 for adults and $30 for kids. You can get discounts if you book over the Internet.

Where to Eat

Buzz's Wharf, ☎ 808-244-5426, at Ma`alaea Harbor Village, has been around for years and is a favorite among repeat visitors to Maui. Look for the rickety wooden sign on the edge of the highway. Buzz's reminds me of casual seafood dinner houses you might find while exploring the coast of Northern California. Unlike most seafood restaurants, which serve only fish and some shrimp, Buzz's offers much of the ocean's bounty – clams, calamari, oysters, crab and lobster. Lunch includes pasta, such as clam linguini and seafood pasta, sandwiches, such as the panko oyster sub or the coconut shrimp sandwich. They also have burgers, baby back ribs, a fish entrée and fish and chips at lunchtime. Start out dinner with Buzz's famous steamed clams or escar-

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

got and then, for your entrée, try fresh fish done in a variety of preparations, or their famous New Caledonia sweet prawns baked with dry vermouth, dill and parmesan. Love shrimp? Go all out with Buzz's shrimp lover's platter – more than a pound of whole prawns (these are sweet Markea prawns from New Caledonia) steamed and served cold. Besides the regular dinner menu, Buzz's has set menus that range from $25 to $58 and include appetizers, dinner and dessert. Speaking of dessert, save room for the award-winning mango crème brûlée. Reservations are recommended. Lunch is served from 11 am to 3 pm, pupus from 3 to 5 pm and dinner from 5 pm to closing. Lunch $$; dinner $$$

**Seascape Ma`alaea Restaurant**, ☎ 808-270-7000. Open for lunch from 11 am to 3:30 pm. Beautiful-views of Ma`alaea Harbor with an open-air setting. The restaurant is adjacent to the Maui Ocean Center and they share an aquarium. The menu is divided into two sections – Makai (from the sea), featuring fish, scallops, crab and shrimp, and Mauka (from the land), with salads, steak sandwich, BBQ pulled pork, cheeseburgers and teriyaki tofu. Seascape is a little pricey but the Executive Chef Andre Firmignac takes pride in his work and entrées are exquisitely made with fresh local ingredients, such as Kula greens, which are assorted types of lettuce grown in that Upcountry town, and locally caught fish. Remember, you get what you pay for. Seascape has a fresh idea in offering several brands of bottled waters as well as "sparklers" made with Prosecco Italian sparkling wine mixed with different flavors, such as mango, papaya or guava juices. $$

Around the corner and downstairs from the main shopping area is the **Blue Marlin Harborfront Grill and Bar**, ☎ 808-244-8844. Open from 10 am to 10 pm. The menu focuses on seafood, although they also have pizzas, sushi, steaks and sandwiches in a fun but windy locale overlooking Ma`alaea Harbor. The à la carte pupu menu with oyster shooters, peel-and-eat shrimp, ahi poke and crab and shrimp-stuffed mushrooms is reason enough to stop here for either an afternoon break from shopping and sightseeing or a welcome rest on the drive from the airport to either West or South Maui.

The shopping center is home to **Ocean Café and Coffee** inside the Pacific Whale Foundation shop. They have pre-made sandwiches and coffees.

The **Ma`alaea Waterfront Restaurant**, ☎ 808-244-9028, www.waterfrontrestaurant.net (inside the Milowai Condominium at Hauoli Street), has a long-standing reputation as one of the best seafood restaurants on Maui. Service is also applauded. The Caesar salads are hand-tossed and served in front of you. For dinner, you can have your choice of available fish in any of nine preparations, including baked in papillote, stuffed with crabmeat, Cajun-spiced, Sicilian-style or with a Southwestern flair. All entrées are served with onion bread and homemade beer cheese. This family-owned restaurant also serves clams, shrimp, salmon and oysters and has a nice setting right on the ocean. Dinner is served daily from 5 pm.

**Ma`alaea Grill**, 300 Ma`alaea Rd, ☎ 808-986-8881 or 808-243-2206, www.maalaeagrill.com, is part of the Café O Lei family with a similar menu encompassing fish, ribs, chicken and shrimp. Ma`alaea Grill serves lunch daily from 10:30 am to 3 pm and dinner from 5:30 to 9 pm, with a smaller café menu from 3 to 5 pm. Only lunch is served on Mondays as the restaurant holds its "Legends of Polynesia" luau every Monday at 5:30 pm. The tall ceilings, chandelier lighting and simple ceiling fans emphasize the comfort and cleanliness of this establishment. The furnishings are made out of bamboo and the hard wooden chairs are made more comfortable with little cushions. The cooks can be seen working in their spotless kitchen through a glass wall. The Ma`alaea Grill is famous (rightly so) for their tempura mahimahi and chips dish. Other favorites at lunch include the curry chicken salad, the seared ahi sandwich on focaccia with wasabi mayonnaise and the crab club with snow crab, organic greens from Ha`iku, bacon and avocado. At dinnertime, it's hard to get past the pupu and salad menu as the offerings are all so enticing. The Manoa lettuce wraps with chicken, water chestnuts and shiitake mushrooms are delicious and fun. Other appetizers include a seared ahi martini with togarashi (a Japanese spice), tomago, Maui onion and ogo (seaweed) and a signature seafood tower with tempura shrimp and fish, steamed clams and mussels. Dinners are served with local organic green sal-

ads and include sautéed mahimahi, ribs, shrimp, ahi, New York steak and rotisserie roast duckling. The portions are large but be wary of the split entrée charge of $2.95 at lunch and $5.95 at dinner. Lunch $; dinner $$

Luau

The **Ma`alaea Grill** hold its "Legends of Polynesia" luau from 5:30 to 8:30 pm every Monday. Overlooking Ma`alaea Harbor, this luau is smaller and more intimate than most, with seating limited to 100 people. If you're looking for an all-the-maitais-you-can-drink pig-out buffet, then this isn't the luau for you. It's less of a cattle call and more of a sit-down dinner show. After sampling the pupu buffet, dinner includes a Kula greens salad and your choice of macadamia nut-crusted mahimahi, lemongrass and ginger chicken or a kiawe-broiled Puleho steak. Save room for the famous pineapple upside-down cake for dessert. ☎ 808-986-8881.

Where to Stay

Ma`alaea is great as it is small, quiet and centrally located, which is convenient if you plan on doing a lot of sightseeing. Its accommodations are a series of condominium units along the beach. Most of the Ma`alaea condominiums have a three- or five-day minimum stay and offer discounts for longer stays.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Condominiums

For assistance in booking a condo in Ma`alaea, contact **Ma`alaea Bay Realty & Rentals**, ☎ 800-367-6084, www.maalaeabay.com, reservations@maalaeabay.com, or **Island Resort Rental, Inc**, ☎ 888-382-8320 or 808-242-4928, www.island resortrentals.com, condofun@maui.net.

Makana A Kai is on the northern end of Ma`alaea Village and has laundry facilities and a pool. One-bedroom units $$; two-bedroom $$$

**Ma`alaea Yacht Marina**, next to the Ma`alaea Boat Marina, has one- and two-bedroom units with a pool and a laundry facility. One- and two-bedroom units $$

Mikowai, milowai@rsvphawaii.com. This small condominium property has the added bonus of being home to the Ma`alaea Waterfront Restaurant and cocktail lounge. All units are one-bedroom and have a washer/dryer and air-conditioning. $$

Ma`alaea Kai, www.maaleakai.com, has one- and two-bedroom units with a putting green, barbecue area and laundry facilities on the property. $$

Lauloa is made up of all two-bedroom units, each with a washer/dryer and a double lanai with access from the master bedroom and the living room. There is a pool and barbecue area. $$

Island Sands has a heated pool, situated on the ocean's edge. Each of the units has air-conditioning and a washer/dryer. All units are oceanfront. One-bedroom $$; two-bedroom $$$

Ma`alaea Banyans. All units are one-bedroom, one bath and all have a private lanai, washer/dryer and air-conditioning. The property has a pool and Jacuzzi. There is a minimum stay of five nights (except for the busy Christmas season when the minimum is 10 nights). $$

Kanai A Nalu. All units at Kanai A Nalu are two-bedroom, two-bath and face the ocean. The property has a heated pool and barbecue area and each unit has a washer and dryer. One bummer – it's $10 a day for air-conditioning. Oceanview $$; oceanfront $$$

Hono Kai has a crescent-shaped pool at the ocean's edge. The property, which has one- , two- and three-bedroom units, features a barbecue area and a laundry room on every floor. One-bedroom $$, two- and three-bedroom $$$

Ma`alaea Banyans has all one-bedroom units with lanais. The property includes a pool and laundry facilities. $$

■ Kihei

Nowadays Kihei is an upscale surf town with a seemingly endless number of restaurants and shops. It's a very active

community and you'll see lots of surfers, joggers, kayakers and swimmers as you cruise through town.

Kihei's main strip is South Kihei Road, which is lined with shopping centers and restaurants and runs along the beach and the three Kama`ole Beach parks. There's also an upper road (Pi`ilani Highway), which can help you get through town quicker and is where you'll find the Pi`ilani Village Shopping Center with its Safeway Store and Hilo Hatties.

> **Traffic Alert:** Traffic along S. Kihei Road can get kind of gnarly, especially if you're trying to make a left across the flow. Plan your trip across town before you get in the car.

Information

The **Kihei-Wailea Medical Center**, ☎ 808-874-8100, is in the Pi`ilani Village Shopping Center (where Safeway is) and can help you with non-emergency medical care. They're open from 8 am to 8 pm Monday through Friday and 8 am to 5 pm on weekends.

You can check your e-mail at **Hale Imua**, 2643 South Kihei Road, ☎ 808-891-9219, in the Kamaole Shopping Center (beneath Denny's and next to Lapperts ice cream shop). At $3 for 15 minutes and 15¢ a minute afterwards, Hale Imua has some of the cheapest rates around. This is an all-around business center with printers, camera card readers and laptop ports. They can download your photos off your camera card and burn them onto a CD. Hale Imua is open daily from 8 am to 9 pm.

Getting Around

Taxi service is available island-wide through **Royal Taxi**, ☎ 808-874-6900.

If you're in the Kihei area and didn't rent a car but now think you may want one to explore, call **Kihei Rent A Car**, ☎ 800-251-5288 or 808-879-7257, or visit www.kiheirentacar.com. The family-owned company is behind Marco's Southside Grill and offers free pickup and drop-off in Kihei, Wailea, Ma`alaea and Makena. Their prices aren't

better than standard rental car agencies but the cars (mostly Nissans) are a notch above the rest. They also rent Jeep Wranglers and Nissan pick-ups. Drivers must be over 21.

You can rent a moped, Jeep, Harley Davidson or mountain bike at **Hawaiian Riders**, ☎ 808-891-0889, www.hawaiianriders.com. Motorcycles and mopeds can be rented for a couple of hours, half a day, a whole day or by the week. They also have some exotic vehicles, such as Corvettes, Porsches and BMWs.

Island Riders, 1975 South Kihei Road, ☎ 808-874-0311, www.islandriders.com, has exotic vehicles and Harley Davidsons for rent. Choose from a Ferrari Spider, Porsche or convertible Corvette.

Shopping

If you're taking Pi`ilani Highway to get to or through Kihei, you'll see the **Pi`ilani Village Shopping Center** on the right. The Safeway store here is a great place to stock up on groceries.

One of the three **Maui Water Wear** stores is in the Pi`ilani Village Shopping Center (others are beneath Denny's in the Kamaole Shopping Center and in The Shops at Wailea). Here you will see racks and racks and more racks of bikinis, one-pieces and accessories, such as beach cover-ups, beach bags and hats.

Hilo Hattie, ☎ 808-875-4545, is open from 9:30 am to 9 pm. It's a great place to pick up affordable Aloha shirts and dresses, made-in-Hawaii gifts, music and books. They have a fine selection of locally made cookies, candies and coffees, as well as island-style home products, such as wooden bowls, picture frames and candles. The Hilo Hattie shuttle bus can pick you up at your hotel for a ride to the shop.

> **Money Saver:** Hilo Hatties provides two-for-one coupons when you purchase any Hilo Hattie-labeled garment. The coupons can be

used at many of Maui's attractions, such as the Sugar Cane Train, the Maui Tropical Plantation or restaurants such as Jameson's Grill & Bar, Hecocks in Lahaina or Kobe Japanese Steak House.

If you're taking the South Kihei Road through the area, you can get to the Pi`ilani Village Shopping Center by taking a left on Pi`ikea Avenue, which is after the Post Office on the right.

Kihei Wine & Spirits, ☎ 879-0555, is off of Pi`ilani Highway in the Kihei Commercial Center behind the Tesoro Gas Station. Proprietors Alan and Diane Beaurline and their knowledgeable staff can help you select appropriate wines for your vacation. They have selections from around the world as well as locally made wine from Maui's Tedeschi Winery. The shop has a full martini center with shakers, glassware and accessories, as well as a section with gourmet foods, such as natural pastas, risotto, couscous, local and imported cheese and jams and jellies.

The closest thing that Maui has to outlet shopping is the **Kihei Outlet Center**, near the Kihei Commercial Center. Here you will find Footprints Maui, Maui Clothing Co. and Maui Waterwear outlets, with regular retail and highly marked-down prices. The center is open from 9 am to 8 pm Monday through Saturday and 10 am to 6 pm on Sunday. Next door is **Aloha Gifts & Gallery**, ☎ 808-879-1199, with tons of tropical printed goods from bedding and candles to koa bowls and pineapple lamps. Open from 9 am to 9 pm Monday through Saturday and 10 am to 6 pm on Sundays.

Around the corner is the showcase and studio for **Cathleen Bunt Fine Art Jewelry**, ☎ 808-874-8855, www.cathleenbunt.com. The artist works from this store and you may find her designing one of her acclaimed pieces – centering around an 18K gold setting with colored gemstones, South Sea pearls and diamonds. Hours vary for the showroom or you can also make an appointment.

Right before Pi`ikea Avenue is the **Longs Center**, which has a **farmers' market** every Saturday from 8 am to 12 pm.

If you continue down South Kihei Road, you'll pass the **Azeka shopping center**, which is divided, into two parts – the Azeka I, which is on the *makai* (ocean) side of the street, and Azeka II, which is on the *mauka* (toward the mountain) side of South Kihei Road. The two shopping centers are also called Azeka Makai and Azeka Mauka. Bill Azeka, the honorary mayor of Kihei, built the shopping centers in the 1980s.

> **Author's Favorite:** There aren't a lot of gourmet food and wine shops on Maui so **Who Cut The Cheese**, ☎ 808-874-3930, www.whocutthecheese.net, in the Azeka II shopping center is a treat for foodies and wine aficionados, such as myself. The shop is small but has an impressive collection of hard-to-find items and the free samples are worth the stop. Who Cut The Cheese carries over 50 cheeses and they can custom-design a platter or gift basket for you. They also have wines from around the world, wine accessories, books and the helpful staff can answer any of your questions. Some of my favorites are the made-in-Maui items, such as the Surfing Goat Dairy cheeses (try the Olé variation with jalapenos) and the lavender truffles.

Tucked away off the main road is **Lipoa Center**, on E. Lipoa Street, which is home to Hapa's Night Club – sandwiched in between two Mexican restaurants, Fernando's and Horhitos. Kihei Pharmacy and the Lipoa Laundry Center are also in the shopping center.

The **Kukui Mall** has the local movie theater, along with a Curves if you're in the mood to work off some those pupu platters.

> **Money Saver:** Save your stub from the movies and show them to Kukui Mall merchants for discounts.

If you don't have a lot of time, skip the **Aloha Open Market** on the right as you're traveling south. It's full of tacky tiki touristy stuff, such as not-from-Maui shells, masks, sarongs and luggage. Open from 9 am to 9 pm.

The **Foodland Kihei Town Center** is home to **Bali Wood**, an interesting furniture shop with hand-carved dressers, tables, sculptures and more made in the Indonesian paradise of Bali. Next door is **David's Happy Nail**, ☎ 808-875-0809, a great place to get a pedicure now that you'll be running around barefoot or in sandals. You will not find a better foot and leg massage on the mainland. They also provide haircuts, massages and facials. The small **Cyberbean** Internet café next door has coffee, tea and you can check your e-mail.

Foodland, Hawaii's homegrown local supermarket, has a deli, fresh fish, beachgoing items and souvenirs.

> **Money Saver:** Ask the cashier at Foodland to give you a Maika`i card, which will save you money on certain items when you shop at Foodland or Sack N Save in Hawaii.

Kihei Kalama Village has over 50 shops and a dozen restaurants and takes up a couple of blocks on South Kihei Road. Parking usually isn't a problem as there's a lot of space in the back. Many of the shops filled with cheap made-in-China junk aren't worth a visit, but browse through the center and you may find some worthwhile souvenirs and gifts.

Sisters & Co, ☎ 808-875-9888, is my favorite boutique in South Maui. Four sisters and their mom joined forces to open this small but spectacular boutique in 2002 carrying fun, casual and trendy women's clothing. They have lovely jewelry, bags and other accessories. If you're wondering how trendy the clothing is, they have magazine cut-outs from fashion mags displaying the goods. This is a rare find in out-of-touch Hawaii. There's a one-customer salon in the back if you need a cut or color. Sisters & Co is open from 10 am to 8 pm Monday through Saturday and 10 to 6 pm on Sundays.

Wherever I travel, I prefer to help the local economy and purchase locally made products. **Cary's of Maui**, ☎ 808-891-2117, is one of those places where you can do just

that. It's a music store and more with Hawaiian books and CDs, handcrafted musical instruments, such as ukuleles, and made-on-Maui body and bath products.

On your honeymoon or want to make your romantic getaway more exciting? **The Love Shack**, ☎ 808-875-0303, is Maui's number-one "lingerie boutique," with adult toys, videos and DVDs, lotions and lingerie. Open daily from 10 am to 10 pm.

Next up is the **Kama`ole Shopping Center**, which houses **Haleakala Trading Co**. This is a consignment store for 128 local artists and crafters. You'll find one-of-a-kind candles, jewelry and ceramics pleasantly displayed in this fascinating shop.

The Rainbow Mall has **Paradise Sandal Co**, ☎ 808-879-4884, with such popular brands as Chinese Laundry and Yellow Box. They also sell hats and bags.

The **Kamaole Beach Center** at 2411 S. Kihei Road is home to **Honolua Surf Co**, which has fashionable surf-inspired clothing and accessories for men and women featuring such brands as Roxy, Quiksilver and Billabong. **Hawaiian Moons Natural Foods** is also in the center. They offer a plentiful selection of health food as well as a huge salad bar with lots of veggies and hot entrées. The **Sports Page Bar & Grill** is a smoke-filled sports bar with a huge menu of burgers. A franchise of the ever-popular **Maui Tacos** is in the center.

Sightseeing

On a rainy day, take the kids to the **Hawaiian Island Humpback Whale National Marine Sanctuary**'s education center, ☎ 800-831-4888 or 808-879-2818, at 726 South Kihei Road. They have informational hands-on activities for kids that teach them about the wonderful marine animals living in the Hawaiian waters. Established in 1997, the center aims to further understand of the humpback whale and its Hawaiian habitat. The center overlooks the ancient Ko`ie`ie Loko I`a fishpond, which is

thought to have been built in 250 AD and is the best preserved royal fishpond on Maui. The education center is open from 10 am to 3 pm Monday through Friday.

Beaches & Parks

Mai Poina `Oe la`u Beach Park (called Oela`u Beach for short). This is the first beach you'll see on the right when you get into Kihei and is a popular spot for windsurfers and kiteboarders.

Kalama Park has 365 acres of lawn area and it's a great place for a picnic, sunbathing or just taking in the view. The park is conveniently in the middle of town right across the street from the shopping centers. Kids will enjoy the massive playground with slides, swings and monkey bars.

> **Warning:** I wouldn't recommend spending time here long after sunset as the park can turn a little seedy with illegal activities after dark. Community leaders are working on this.

A series of beautiful beaches begins with **Kama`ole Beach I** on the northern end of Kihei. The north section of this beach is also called **Charley Young Beach**. The beauty of these beaches is that they're all very easy to access; they're right on South Kihei Road and all have parking lots. **Kama`ole Beach III** on the southern end is the largest and best for kids. There's a huge lawn, restrooms, showers, picnic tables and barbecue grills.

Adventures on Foot

Golf

Golf enthusiasts can tee off at **Nevada Bob's**, ☎ 808-891-0886, which has an in-store driving range and putting green. They also have everything you would ever need for your Maui golf game, including club rentals.

In-line Skating

Kalama Park in the middle of Kihei has an in-line skating rink which is open to the public and free of charge from 6 to

8 pm on Wednesday and 6 to 9 pm Friday and Saturday. Skate rentals are available for $4. ☎ 808-874-5655 for more information.

Adventures on Water

Ocean Kayaking

Action Adventure Tours, ☎ 866-529-2544 or 808-874-8883, www.bookhawaiidirect.com, is headquartered on Alahele Road between Kihei Kalama Village and the 76 gas station. They have a variety of ocean kayaking tours suitable for the whole family, ranging from one to five hours in duration. Using single and double kayaks, the company will take you and your friends and family out for a snorkeling adventure by kayak to such locations as La Perouse Bay, Turtle Town, Olowalu, Honolua Bay, Lahaina and Makena Landing. Personalized service is guaranteed as they take only smaller groups with eight paddlers to one guide. They provide all equipment and tours are open to anyone over age five.

Canoeing

The Kihei Canoe Club, Maui's largest with over 400 members, will sometimes allow visitors to paddle out and join them for a one-hour, mile-long practice session in one of their six-man canoes. Meet the club at 7:30 am for an 8 am departure at the north tip of South Kihei Road. This is a good way to get exercise while learning more about the ancient sport of canoeing. Visiting wanna-be paddlers are asked to leave a small donation for the experience. You can get more information at ☎ 808-879-5505.

Rafting

Blue Water Rafting, ☎ 808-879-7238, www.bluewaterrafting.com, takes guests out on unsinkable inflatable rafts to the little-seen Kanaio Coast southeast of Makena. A boat ride or

dive trip is the only way to see the area, which just 500 years ago was erupting with lava. The rafting tour takes you by craggy cliffs and exquisite pinnacles created by the recent eruption and into sea caves along the coastline. As the area is rarely traveled, the sea life is abundant and in the wintertime you will probably see humpback whales. The company offers sea cave tours, snorkel cruises to the Kanaio coast and Molokini, plus a trip that combines whale watching with snorkeling at Molokini. All tours depart from Kihei Boat Ramp.

> **Warning:** This trip can be very bumpy, depending on the weather and ocean conditions. Check with the company if you have any doubts about whether you or any members of your party can handle the ride.

Snorkeling

Kama`ole Beaches II and **III** are good Kihei snorkeling spots.

Surfing

Protected Cove Park is south of Kalama Park on South Kihei Road in Kihei and is a great place for beginning surfers to try out their boards. The water is shallow and the waves never get really big. There are several surf schools and rental places up and down South Kihei Road where you can sign up for lessons or go at it alone.

Where to Eat

Kihei has an enormous number of restaurants. The majority of these are on South Kihei Road, which is lined with places offering almost every kind of cuisine you can imagine – local grinds, Thai food, Japanese cuisine, top-notch Hawaii regional cuisine, Mexican food and more. The restaurants listed below are arranged from north to south as you're heading south on South Kihei Road.

Dina's Sandwitch, ☎ 808-879-3262. This small shop inside the Sugar Beach Resort can be seen from the main road. It's a great place to grab a quick sandwich or hot dog before you

drive the long stretch through Kihei. Besides your regular turkey, roast beef and the like, there are veggie options, a Spam sandwich and saimin, a popular noodle soup. All sandwiches are served with a your choice of pasta salad, potato salad or chips. $

Yorman's By the Sea, 760 South Kihei Road (in Menehune Shores), ☎ 808-874-8385. Open for breakfast from 8 am to noon. Happy Hour from 4 to 6 pm with half-off drinks and pupus. Dinner served from 6 to close. Yorman's serves southern-style Cajun cuisine but the real treat is the jazz music that plays almost every night. You can dance to the music with the ocean waves lapping in the background. Music starts around 6:30 pm. $$$

In the Longs Center

Big Wave Café, 1215 South Kihei Road, ☎ 808-891-8688, bigwavecafe@verizon.net. New to the island, the Big Wave Café and Chef Raul Bermudez are making waves in the community with their reputation for offering affordable, good-quality food. Breakfast is served from 7:30 am till 2 pm and includes everything from cereal to eggs Benedict. Lunch consists of salads, sandwiches, babyback ribs and shrimp scampi. At dinner, Big Wave offers great pupus (try the lobster and sweet corn fritter) and a terrific selection of dinner entrées ranging from shrimp scampi to blackened ahi and banana macadamia nut-crusted chicken in a sweet curry sauce. The pan-seared opakapaka in a mushroom, caper and white wine sauce is unforgettable. Forgive the meager side salad that precedes the meal. The entrée makes up for it. There is a small beer, wine and cocktail selection. My only pet peeve is that you need a key to the restroom, which is at the other side of the complex. There is an outdoor seating area, which is pleasant, but the bugs can be bothersome. Lunch is served from 11 am to 2 pm and dinner from 5 to 9 pm. There is a light menu with pupus, salads and select sandwiches served from 2 to 5 pm. And on Sunday Big Wave offers $2 glasses of champagne with breakfast or lunch. Breakfast and lunch $; dinner $$

Antonio's, 1215 South Kihei Rd, ☎ 808-875-8800. Everything is made from scratch at Antonio's, a small café-like eat-

ery that prides itself on authentic Italian cuisine. Choose from pupus, such as calamari or bruschetta, or a full-on Italian dinner, such as homemade ravioli, pizzas, meat lasagna, seafood risotto with shrimp, scallops, calamari and clams or baked veal shank from a recipe that dates back three generations. Open for dinner from 5 to 9 pm Tuesday through Sunday. $$

Kihei has a hidden restaurant treasure in **Ashley's South Shore Café**, 363 Huku Lii Place, ☎ 808-874-8600, www.ashleysmaui.com. Open from 7 am to 8 pm Monday through Saturday and 8 am to 2 pm on Sundays, with breakfast from 7 to 11 am, lunch 10:30 am to 5 pm and dinner 5 to 8 pm. Inland from Kihei and off Piilani Highway behind the Tesoro gas station, this busy out-of-the-way café has good food, and friendly, efficient service. It's a great place to grab a fast meal without resorting to fast food. Menu items are freshly made and lunches include burgers, stir fries, sandwiches, plate lunches, fish and chips and fresh fish entrées with salmon, mahimahi or ahi. The Paniolo barbecue short ribs bring customers back for more. Breakfast is basic, with eggs, pancakes, waffles or the All-American Breakfast for $6.95, including eggs and your choice of sides, such as potatoes or rice, and a side of meat such as Spam or Portuguese sausage. Dinner is a bit more upscale and includes steaks, shrimp, pot roast and a fresh catch, such as ahi, mahimahi or opakapaka, depending on what co-owner/chef Alfred Ching or his friends may have caught that day. You can bring your own beer or wine. For dessert they serve Maui-made Roselani ice cream. Ashley's also has wireless computer Internet access.

In the Pi`ilani Village Shopping Center

Outback Steakhouse, ☎ 808-879-8400, has reasonable prices for Australian-inspired dishes, such as Ribs on the Barbie, Botany Bay Catch and Alice Springs Chicken. The Bloomin Onion appetizer is awesome.

The kookaburra wings and grilled shrimp on the barbie are also worth a shot. They have a "no worries" Happy Hour from 4 to 7 pm nightly and then from 10 pm to midnight. They claim to have the coldest beer in town. $$

Roy's Kihei, ☎ 808-891-1120, makes up for the lack of view with a stylish interior that combines a tropical feel with trendy art deco. Owner/chef Roy Yamaguchi is a pioneer in the Hawaii Regional Cuisine movement and has restaurants throughout Hawaii, all of which have reputations for excellent food and service. He focuses on using local produce and fresh seafood. Try some of Roy's own label of sake. $$$

Marco's Southside Grill, 1445 South Kihei Road, ☎ 808-874-4041. Breakfast is served from 7:30 am to noon Monday through Friday and 7:30 to 2 pm Saturday and Sunday. Lunch and dinner are served daily from 10 am to 5 pm. This is the sister restaurant to the one in Kahului and the menu is similar – omelets, French toast and pancakes for breakfast, hot and cold deli sandwiches and salads for lunch and delicious Italian meals for dinner. It's fun to sit outside on the wraparound deck facing the ocean. Breakfast $; lunch and dinner $$

The Coffee Store, Azeka Place II (Mauka side), ☎ 808-875-4224 or 800-327-9661, www.mauicoffee.com. Breakfast, featuring croissants, muffins, bagel and a breakfast quesadilla, is served all day long and is quick and simple. So is lunch, which includes sandwiches, salads and wraps. This homegrown coffee shop is a great place to get made-on-Maui gifts such as natural cane sugar and chocolate caramacs. Gift baskets include coffee, macadamia nuts, mugs, cigars and locally made sugar. You can buy a pre-made basket or have one custom-made. The Coffee Store is open from 6:30 am to 8 pm. $

Stella Blues Café, Azeka Place II (Mauka side), ☎ 808-874-3779. Open daily from 7:30 am to 1 am for breakfast, lunch and dinner. Dinner is from 5 to 10 pm and they serve late night pupus from 10 pm to 1 am. This is a place that has a little something for everyone. The menu focuses on what they call "comfort food" and you will find many of your old-fashioned guilty pleasures on the menu, such as mac n' cheese, meatloaf and shepherd's pie. Breakfast includes omelets, pastries, French toast and pancakes. My favorite is the "South of the Border," made with two eggs scrambled and mixed with cheddar cheese, onions and jalapeños and served with a tortilla. Lunch includes sandwiches, salads and a spe-

cial vegetarian menu. Dinner consists of an eclectic variety of fresh fish entrées, comfort foods, jambalaya, pizza and burgers made with locally raised grass-fed beef. They also have a sufficient number of non-meat items, such as a taro burger or a grilled eggplant sandwich. The atmosphere is pleasant and there is an outdoor courtyard area. The inside of the restaurant is decorated with rock & roll memorabilia and the service is friendly and efficient. Breakfast is served from 7:30 to 11 am (till 2 pm on Sundays), lunch from 11 am to 4 pm and dinner from 5 to 10 pm. Breakfast and lunch $; dinner $$

Jawz Fish Tacos Island Style Grill, Azeka Place II (Mauka Side), ☎ 808-874-8226. Open daily from 11 am to 9 pm. What Jawz lacks in atmosphere, it makes up for with delicious Mexican food, such as an "enchalada" pie with fish, chicken, steak or shrimp; or burritos with your choice of refried or black beans. The giant tostadas are amazing. The best part of Jawz is the "grande salsa bar" with tropical fruit salsa and sauces, such as a roasted serrano pepper with papaya, roasted jalapeño with tomato and Maui onion and roasted habañero pepper with pineapple and carrot. The salsas are rated on a five-pepper scale ranging from "Mild & Tasty" to "Holy $@*!!" They also serve beer, wine, margaritas and other tropical drinks, with happy hour specials. $

*The **Azeka Mall** is the center of Kihei's ethnic restaurant scene with cuisines from around the world.*

Panda Express, ☎ 808-879-0883, has traditional Chinese fare, such as spring rolls, chow mein, kung pao chicken and shrimp and specialties, such as their orange chicken. Order à la carte or try a combination dinner. Panda Express is open from 10:30 am to 9 pm Monday through Saturday and 10:30 am to 8:30 pm Sunday.

Royal Thai Cuisine, ☎ 808-874-0813, has been serving traditional Thai food since 1989 and this family-run restaurant is a favorite among locals. It's one of those places where it takes forever to order because there are 100+ selections to choose from. Reading the entire menu is a feat in itself. Enjoy their authentic Thai soups, curries and entrées, including a

large selection of vegetarian dishes. Royal Thai is open for lunch from 11 am to 3 pm Monday through Friday and serves dinner every night of the week from 4:30 to 9:30. $

Shabu-Shabu Toji, ☎ 808-875-8366, is a fairly new Japanese restaurant that serves "Shabu Shabu" – a Japanese-style fondue where you swish thinly-sliced meat chicken, seafood and vegetables in your choice of vinaigrette, sesame or curry sauce until it's cooked to your liking. Shabu Shabu Toji is open for lunch from 11:30 am to 3 pm and dinner from 5:30 to 10 pm Wednesday through Monday. $

Vietnamese Cuisine Restaurant & Bar, ☎ 808-875-2088, is the sister restaurant of the much-renowned A Saigon Café in Wailuku. Entrées are created with such mouth-watering ingredients as basil, chili pepper, garlic and lime combined to conquer your taste buds. Try the green papaya salad and one of the tasty clay pot entrées. They also have soups, noodles, steaks, wok dishes and Vietnamese burritos wrapped in rice paper. Vietnamese Cuisine is open daily from 10:30 am to 10 pm. $

Families will enjoy **Peggy Sue's**, ☎ 808-875-8944, an old-fashioned '50s and '60s-inspired diner. An authentic Wurlitzer jukebox plays 45 records (you may have to explain to your kids what these are!) as you dine on hamburgers (single or double), sandwiches, barbecue ribs, hot dogs and salads. You'll need a fork for the "Don't Be Cruel" burger with spicy beef chili, cheese and onions. Try an old-fashioned milkshake or malt made with Maui's own Roselani ice cream. It comes in flavors such as Kona mud pie, piña colada or haupia (coconut). Open daily from 11 am to 10 pm. $

The Homemaid Café, ☎ 808-874-6035, has Hawaiian- and Filipino-style cuisine, such as plate lunches with shoyu chicken or lau lau, saimin and fresh malasadas. Breakfast entrées include eggs with Spam, bacon, Portuguese sausage or corned beef. Open from 6:30 am to 4 pm Monday through Friday and 6:30 am to 1 pm on weekends. $

The cleverly-named **Eskimo Candy Seafood Market and Deli**, ☎ 808-879-5686, is on Wai Wai Place, just off South Kihei Road behind Marco's Southside Grill. With some of the freshest fish available from Maui fishermen, Eskimo Candy is

an off-the-beaten-track treasure with an extensive deli counter, offering fish, salmon, lobster tails, cooked or raw shrimp, fresh poke and sashimi. In the deli portion of the shop, grab a quick lunch, such as a half-pound black angus burger, fish and chips or seafood pasta with shrimp, scallops, fish and clams in a garlic cream sauce. The seafood chowder is legendary and served in cups, bowls or a 32-ounce container. There's a nautical theme inside with specials listed on brass portholes. Eskimo Candy is open from 10:30 am to 7 pm Monday through Friday and 10:30 to 3:30 on Saturdays. $

In the Kukui Mall

Kihei Fish & Chips & Things, ☎ 808-891-1400. Open from 11 am to 8 pm Sunday through Thursday and 11 am to 9 pm Friday and Saturday. The fish & chips are made with your choice of ono or mahimahi and can be grilled or deep-fried. Other seafood dishes include a soft shell fish taco, fish sandwich, calamari rings and coconut shrimp with a spicy guava dip. They take only cash but you won't need a lot as nothing is over $10. $

Next to the theater is **Pizza Express**, ☎ 808-891-2002, with free delivery to Kihei and Wailea. Pie sizes range from small to giant and they have an extensive list of toppings and sauces, including peanut or white garlic, plus a wide selection of pizzas, such as a teriyaki chicken or garlic shrimp. Pizza Express is open daily from 10:30 am to 11 pm. $$

Thailand Cuisine, ☎ 808-875-0839. Open for lunch Monday through Saturday from 11 am to 2 pm and dinner nightly from 5 to 10 pm. Choose from over 100 Thai entrées, including noodles, curries, pad thai and Thai-style salads. $

Bocalina Bistro & Bar, ☎ 808-874-9299. Mediterranean cuisine. Open for dinner with a late menu served until 1 am. They have Happy Hour from 5 to 7 pm, with special pupu platters and $2 drink specials.

On the mountainside right after Azeka Place is E. Lipoa St, where the **Lipoa Center** is tucked away. In the back you'll find **Hapa's Night Club** sandwiched between two Mexican restaurants. **Fernando's**, ☎ 808-879-9952, is open daily from 9 am to 9 pm and has traditional Mexican fare such as

burritos, tacos, mole, menudo, chimichangas and fajitas. They also have a branch in Kahului. $

Horhitos, ☎ 808-891-6394. Open Monday through Saturday 5 pm to 1 am, Sunday 5 to 10 pm, this place adds a Hawaiian flair to Mexican with lots of fish and seafood dishes, such as a Tori Tostada with seared ahi in a cilantro almond pesto sauce or shrimp cooked with vodka, bacon and onions in cream sauce. The appetizer menu is large and diverse – besides the usual chicken wings, calamari and nachos, they also have queso garlic French fries and tres queso crêpes. Another specialty is the "surf wraps" served with potatoes and spicy mayo. Try a seared ahi wrap with lettuce, cheese, pico de gallo and cilantro almond pesto sauce or a Mexican club wrap with chicken, bacon, pico de gallo, guacamole and chipotle mayo. $

Aroma D'Italia (in the Foodland Kihei Town Center), ☎ 808-879-0133. Open Monday through Saturday from 5 to 9 pm for dinner. Marie Palazzolo-Akina serves her favorite family recipes at this traditional Italian restaurant. All pasta, sauces and meatballs are made from scratch and the portions are generous. They also have shrimp, chicken and veal dishes. The restaurant doesn't have a bar, although they serve beer, wine and cocktails, with tables in an indoor or outdoor open-air setting. $$

Sansei Seafood Restaurant and Sushi Bar, in Kihei Town Center, ☎ 808-879-0004, has new wave sushi as well as contemporary seafood specialties. The menu is pretty much the same as the Kapalua branch in West Maui – lots of sushi rolls, many that are Sansei originals. Everything at both restaurants is excellent. They have traditional sushi and sashimi, either by the piece or in combinations. For those who don't care for sushi, Sansei offers fish and seafood dishes, as well as chicken, duck, beef tenderloin and lamb chops. $$$

Royal Thai Cuisine, 1280 South Kihei Road, ☎ 808-874-s0813. Open for lunch Monday through Friday from 11 am to 3 pm and dinner every night of the week from 5 to 9:30 pm. Royal Thai serves traditional Thai entrées such as noodles, soups, satay and curries. $

Shaka Pizza, 1770 South Kihei Road, ☎ 808-874-0331. Open 10:30 am to 9 pm Sunday through Thursday, 10:30 am to

10 pm Friday and Saturday. This popular pizza and sandwich restaurant recently moved to a brand new building across the street from the Kukui Mall. The pizzas are good and reasonably priced. Choose from a New York-style thin crust or a pricier Sicilian thick crust. Shaka also has cheese steak and hoagie sandwiches, calzones and Caesar salads. They deliver to the Kihei area. $

In the Kihei Kalama Village

South Shore Tiki Lounge, ☎ 800-874-6444, www.southshoretikilounge.com. Open from 11 am to 2 am with the full menu served until 10 pm and pizza served until midnight. Recently renovated, this is one of the few remaining tiki bars around. The owner, Gabriel Sallard, uses only premium liquors in his drinks ("no headaches," he promises) and serves them on a bar filled with black sand from Hana. Look for the immortalized centipede in the bar. You can sit in the small bar area or in the outdoor courtyard. Service is fast and friendly. The food is affordable and of the best quality. There is also a veggie bratwurst and veggie hot dog on the menu as well as burgers, sandwiches salads and wonderful pizzas served on a raised platter or togo. $ (Pizzas $$)

Kaiona Café, ☎ 808-891-2828, www.kaionacafe.net, is a tiny corner spot across from the huge Kalama Park whale (you'll know what I mean when you see it), serving coffee, espresso, European breakfasts and fresh pastries. They open at 7 am and serve breakfast, lunch and an early dinner. For such a small spot, the menu is varied and a little extravagant with eggs Benedict, crêpes and fritatas for breakfast, sandwiches, wraps and salads for lunch and dinner. Try the opakapaka (pink snapper) salad or a plate lunch with shrimp curry or sautéed mahimahi. For dessert or a refreshing break, the café serves Maui-made Roselani ice cream. Nothing is over $10. Kaiona (which means "ocean fragrance" in Hawaiian) Café is open from 7 am to 7 pm Monday through Saturday and 7 am to 2 pm on Sundays. $

Bada Bing! Italian Restaurant, ☎ 808-875-0188. Open daily for lunch and dinner from noon to 10 pm. Home of the $10 wine list, Bada Bing! is an old school Italian restaurant with a dark interior and classic photographs from the Rat

Pack days. The small bar is, in fact, called the Rat Pack bar. Besides great pizzas, such as Da Killas Hawaiian and the Meaty Beast, Bada Bing! also has salads, pastas, macadamia nut mahi mahi and chicken or veal marsala or picatta. And don't fougeddaboudit – in-house specials include half-off pizzas on Tuesday and half-off pupus on Thursdays. $$

Life's a Beach, ☎ 808-891-8010. Open 11 am to 2 am Monday through Saturday and 7 am to 2 am on Sundays when a special breakfast menu is offered. The outside corner of this bar/restaurant is very inviting as you walk on sand to sit at one of the elevated tables outside. The inside is much larger but dark and much less beach-like. They do have a great Happy Hour from 4 to 7 pm with live music. Life's a Beach has been around for more than eight years and they know what they're doing. They have $5 lunches from 11 am to 4 pm Monday through Friday and dinners, served until midnight, waver around $10. The menu is basically Mexican, with tacos, enchiladas and carnitas, but they have an array of burgers and barbecue pork, chicken and beef sandwiches as well. Vegetarian items include burritos and wraps. With the salads and baked potatoes you get to choose the toppings. Consider yourself warned – the portions are hefty. Save room for dessert and the deep-fried ice cream. Enjoy the cheap drinks and the people-watching from this special spot in the middle of Kihei. $

Alexander's Fish & Chips, ☎ 808-874-0788, has affordable takeout dishes made with seafood, chicken and ribs, but they are best-known for their fish and chips, which can be grilled or deep-fried in a secret-recipe batter. The best part is that you get to choose from a selection of available fish, usually ono, mahimahi or ahi. They have combination plates mixing chicken, shrimp, calamari and ribs, as well as family-style baskets with 13 pieces of whatever you desire. Alexander's has been around for more than 13 years and has garnered a loyal following. They take casual atmosphere one step further with the statement "Beachwear welcome and often appreciated." Open daily from 11 am to 9 pm. $

Pupu Lounge Seafood & Grill, ☎ 808-875-4111. This casual eatery has an outside deck along S. Kihei Road (good for people-watching) and faces Kalama Park. Happy Hour

from 3 to 5 pm with 99¢ Mai Tai's. There are seafood platters, surf & turf, chicken and shrimp dinners. Lunch $; dinner $$

Pita Paradise, ☎ 808-875-7679. The menu brought me back to my post-college trip to Greece where I overdosed on gyros made with Mediterranean-flavored meats and vegetables wrapped in warm pita bread with a cucumber yogurt sauce. Pita Paradise is an affordable alternative to jetting across the globe and they also have Mediterranean salads and wraps, homemade ziziki and hummus and fresh fish kebabs with fish caught and prepared by chef and owner John Arabatzis. Try a gyro stuffed with Australian range lamb or steak with Kula onions. Dinners are a bit more fancy with pitas and kebabs plus pastas with seafood or Australian lamb. Pita Paradise is open from 11 am to 5 pm for lunch every day except Sunday. Dinner is served daily from 5 pm to 9:30 pm. Lunch $; dinner $$

Upstairs, behind Kihei Kalama Village, **LuLu's**, ☎ 808-879-9944, www.lulushawaii.com, is a tiki-style, late-night restaurant with great food and drinks. The décor is funky, with leopard-print couches in the lounge area and hundreds of dollar bills with funny messages hanging above the bar. With several TVs around the restaurant and an open-air view of Kihei, Lulu's is a fun and casual place to hang loose. They've got great burgers (even one with peanut butter), oyster shooters, a two-pound serving of ribs in mango guava barbecue sauce and the fish tacos with a chipotle aioli sauce are awesome. If you like spicy, try a bucket of Death Valley chicken wings with blue cheese dressing. You can even order a side of Spaghettios. LuLu's is open daily from 11 am to 2 am (dinner stops at midnight) with live entertainment and dancing in the Elviki Tiki Lounge from Wednesday through Saturday. $$

Kihei Caffe, 1945 South Kihei Road (across from Kalama Park), ☎ 808-879-2230. Open daily from 5 am to 11 am for breakfast and 11 am till 1 pm for lunch. Constantly voted as the best breakfast on Maui, the Kihei Caffe has huge portions of great food and a good variety to choose from. They use Maui eggs in their omelets and scrambles and make fresh cinnamon rolls daily. The diverse breakfast also has loco moco, ribeye and eggs, huevos rancheros and biscuits and gravy. Lunch includes burgers, sandwiches, hulihuli chicken, salads

made with Kula greens (try the honey cashew chicken salad) and fresh fish entrées. Most of the tables are in the crowded outdoor porch area where you will be literally rubbing elbows with your neighbor. Nonetheless, it's a great place to start your day. $

Sala Thai Cuisine, ☎ 808-874-8667, has traditional Thai cuisine, such as curries, noodles, soups and rice on their extensive menu. They also have a lot of seafood dishes, including the traditional Thai dish called "spicy evil prince" – made with shrimp or mahimahi, red or green curry with shrimp or mahimahi, and mussels in oyster sauce with Thai spices. Open for lunch and dinner. $

Tastings Wine Bar & Grill, ☎ 808-879-8711, www.tastingsrestaurant.com. Owners Sandy Kim and Derek McCarthy recently moved to Maui from Sonoma County, California to open this 50-seat restaurant, which features fresh ingredients made into tapas-style dishes. This small eatery has indoor and patio dining and an inviting 10-seat bar. Tastings has gourmet dishes using local ingredients and, by keeping the menu small, they can focus on the food. Pupus include pan-seared opakapaka with mushrooms and truffle oil, ahi and hamachi sashimi, and a spicy ahi tuna roll. Big plates include a grilled whole moi and flatiron steak and marinated shrimp. Try the flourless chocolate cake with Kula strawberries or mango bread pudding for dessert. Tastings is open from 5 pm to closing Tuesday through Sunday.

Da' Kitchen Express, ☎ 808-875-7782 2439, South Kihei Road in the Rainbow Mall, serves local and Hawaiian-style food, such as plate lunches, saimin, teriyaki burgers and kalua pork sandwiches. Plate lunches (including two scoops of rice and potato macaroni salad) include Da "Lau lau" plate with steamed pork wrapped in taro leaves, or the Hawaiian plate with pork lau lau, kalua pork, chicken long rice and lomi salmon. You can also get a side order of poi for $2. Breakfast features omelets, loco moco and French toast. Open from 9 am to 9 pm for breakfast, lunch and dinner. $

The south shore outlet of **Maui Tacos**, ☎ 808-879-5005, is in the Kamaole Beach Center at 2411 S. Kihei Road. $

Next door is the **The Sports Page Bar & Grill**, ☎ 808-879-0602, a great place to watch any game on one of their 24 TVs. It's a typical sports bar, devoid of much natural light but not lacking in cigarette smoke. They have a huge selection of domestic and imported beers, including nine on tap as well as wine and tropical drinks. The menu includes dozens of burgers, hot dogs, sandwiches and typical sports bar pupus, such as nachos, potato skins, stuffed jalapeños and Maui onion rings. Open daily for dining from 11 am to 10 pm and cocktails from 11 to 1:30 am. Hours may change to accommodate special sporting events. $

Joy's Place, 1993 S. Kihei Road, ☎ 808-879-9258, has been serving healthy food for eight years now. Picture organic green salads with homemade dressing, sandwiches made on wheat-less spelt bread, curried tempeh in noni leaf, wild Alaska salmon burgers on sprouted grain bread or a curried turkey salad wrap. The focus is on fresh and organic and they have daily lunch specials, homemade soups, vegan desserts and nightly dinners to go. They use only reverse osmosis water to prepare the entrées. It's a little hard to find in the bottom floor of the Island Surf high-rise building on the corner of South Kihei Road and Auhana Road, but worth the ride around the block searching for the diner. Open 10 am to 5 pm Monday through Saturday. $

Spices, 2259 South Kihei Road (adjacent to the Maui Coast Hotel), ☎ 808-891-8860, www.spicesmaui.com, serves breakfast, lunch (till 2 pm) and dinner. For dinner, Executive Chef Domenico Garafalo serves up fresh fish, such as mahi mahi, chicken, pork chops, steak and seafood fettuccini Alfredo. The dining area is right on South Kihei Road in a pleasant open-air atmosphere. Breakfast $; lunch $; dinner $$

Behind Spices is **Tradewinds Poolside Café**, which is generally for the guests of Maui Coast Hotel (the bar is open to anyone, the pool is for guests only). They serve food made at Spices and the lighter menu focuses on pupus and salads. Tradewinds has live Hawaiian entertainment nightly. Lunch and dinner served from 11 am to 9:30 pm. $

Kai Ku Ono (locally called KKO), ☎ 808-879-1954. In the tiny Kai Nani Village shopping center, KKO has an outdoor dining area, which is a fun place to have a drink and to people-

or car-watch. The restaurant has an interesting circular bar inside and the dining area has leopard-print cushions on the chairs. All creamy tropical drinks come with Maui-made Roselani ice cream and fresh fruit. Prime Rib Wednesday features three cuts of meat for discounted prices. And an early bird special for entrées is offered from 4 to 6 pm every day. On Aloha Friday, mai tais are $2.50 all day, although I'm a little skeptical of how $2.50 drinks taste. For breakfast there are a variety of eggs Benedicts, including a Cajun ahi version, a breakfast casserole and French toast with macadamia nuts. The lunch and dinner menus are extensive and focus on seafood, although they also have chicken, ribs and steaks. For an appetizer, try the spicy Kauai shrimp or Thai grilled calamari. Lunch includes a Kalua pork sandwich and a Maui taro burger. Dinner entrées consist of fresh fish, giant Thai scallops and a Hawaiian seafood casserole with Kauai shrimp, fish, scallops, Maui onions and shiitake mushrooms baked and topped with papaya purée and shoyu glaze. Breakfast is served from 8 to 11:30 am. Lunch is served from 11:30 am to 5 pm and then dinner from 5 to 10 pm. Breakfast $; lunch and dinner $$

Also in the Kai Nani Village is **The Greek Bistro**, ☎ 808-879-9330, which serves Mediterranean-style dinners from 5 to 10 pm. Appetizers include traditional Greek cuisine, such as pita and hummus, stuffed grape leaves and feta cheese with kalamata olives. Of course, they have Greek salads with tzatziki dressing. Among the entrées are chicken or lamb souvlaki, sliced leg of lamb and lamb and chicken shish kabobs. Try the "Taste of Greece" platter with moussaka, spanakopita, pastichio, leg of lamb, dolma, feta cheese and hummus and pita. They have homemade baklava for dessert either on its own or served with ice cream. $$

Annie's Deli & Catering, ☎ 808-661-3587. Open from 8 am until about 4 pm. Hidden from tourists and tucked away in the Kai Nani Village shopping center, Annie's is a great place to pick up a fresh homemade sandwich or a foot-long hot dog. And its not just cold sandwiches – Annie's has tuna melts and pastrami, pupu platters and picnics-to-go.

In the Dolphin Plaza

Beach 'n Bagelz Café, 2395 South Kihei Road, ☎ 808-875-7668, is one of my favorite morning spots. They have fresh bagels every morning with lots of different flavors, such as coconut or sweet Maui onion. They also have bagel sandwiches, basic sandwiches and salads for lunch. Try the Big Kahuna with roast beef, turkey, ham, cheddar and jack cheeses on your choice of a bagel, croissant, roll or bread. Open daily from 7 am to 2 pm. $

Enrique's Cocina Mexicana, ☎ 808-875-2910. Open from 10 am to 9 pm Monday through Saturday and 11 am to 9 pm on Sundays. Enrique's serves traditional Mexican entrées, such as burritos, soft and hard shell tacos, tamales and nachos, as well as specialty Mexican, such as chicken or tofu mole or a Veracruz shrimp cocktail with onions and avocado. Salads include taco salads and a Caesar with chicken beef or tofu. $

Five Palms Beach Grill, 2960 South Kihei Road (inside Mona Kai Resort), ☎ 808-879-2607, www.fivepalmsrestaurant.com. A daily à la carte brunch is served from 8 am to 2:30 pm with pupus and Happy Hour specials served from 2:45 to 6 pm. Dinner is from 5 to 9:30 pm. At the northern end of Keawakapu Beach, this is a great place to watch the sunset, with views of Kaho`olawe and Molokini in the background. The staff is friendly at this upscale restaurant and the food is wonderful. The bar is fun and spacious – its only fault being that when you sit there your back is facing the ocean. Brunch includes eggs and omelet dishes, a smoked salmon and baby spinach Benedict with caper hollandaise sauce for the breakfast part and salads and sandwiches, such as a lobster BLT or a portabello and red bell pepper combination, for lunch. At dinnertime the pupus are especially good. Try them individually or as part of the pupu platter, which has them all – lobster tempura sushi roll, spiced seared ahi with shiitake mushrooms in a won ton basket and Asian crab cakes with aioli and sweet chili sauce. At dinnertime there's an oven-roasted Hawaiian spiny lobster tail or a wok-fried whole fish opakapaka, prime rib and New York steak. The fresh fish du jour can be either grilled, macadamia nut-crusted or

pan-sautéed; or try all three with the chef's sampling combination. Brunch $$; dinner $$$

Sarento's on the Beach, 2980 South Kihei Road, ☎ 808-875-7555. Dinner served nightly from 5:30 to 10 pm. This highly regarded restaurant is next to the beach and adjacent to Maui Oceanfront Inn. At the entrance to the restaurant is a bar/lounge area where very professional and well-attired bartenders will serve while you most likely will have to wait at this busy restaurant. The pricey cuisine is a combination of Italian with a Hawaiian twist. Start with calamari fritti or New Zealand mussel appetizer or the Caesar or "Gabriella" (Maui onion, cherry tomatoes, feta cheese, artichokes and avocado) salad. Sarento's has an extensive wine list and you must check out the beautiful wine cellar. Dinner entrées include swordfish, opakapaka, mussels and clams, rack of lamb and spaghetti with filet mignon meatballs. $$$

Nightlife

The free weekly newspaper, ***Maui Time***, has the best listing of Maui restaurants, nightclubs, movies and other happenings – look for the "da kine" calendar section.

> **Did You Know?** In Hawaiian Pidgen, *da kine* is a catchall term for whatever it is you might be talking about.

There is a collection of Kihei nightspots, all within walking distance of each other, that attract the late-night crowd.

Upstairs in the Kihei Kalama Village is **LuLu's**, ☎ 808-879-9944. It has live entertainment Thursday through Sunday evenings and karaoke on Wednesdays. Sit upstairs in this open-air bar/restaurant and watch the action downstairs in the shopping center. They have several TVs for sports-viewing and this is a hot spot during football season.

Neptunes Martini Music Lounge, ☎ 808-874-2555, is also in the Kihei Kalama Village and is what many would call a classy joint. More of a lounge than the neighboring bars, Neptunes has over 25 exotic martinis and an innovative martini station where you can choose your garnish. Pupus include fondue and caviar. Neptunes is open daily from 4 pm to 2 am

and has a nightly Happy Hour, entertainment and a huge plasma TV.

Also in Kihei Kalama Village is a dive bar called **Kahale's Beach Club**, ☎ 808-875-7711, one of the few places in Maui where smoking is allowed. In a former warehouse and tucked away off the main drag, Kahale's is like the *Cheers* of the Pacific. Happy Hour is from 10 am to 6 pm and Kahale's has live Hawaiian entertainment every night of the week, starting at around 6:30 or 7 pm. Kahale's is fun, the drinks are cheap. You don't have to dress up.

Hapa's Nightclub, 41 E. Lipoa St (in the Lipoa Center), ☎ 808-879-9001, www.hapas-maui.com. Hapa's has music almost every night of the week, including Hawaii's own Willie K. every Monday at 10 pm.

Next door in the Lipoa Center is **Henry's**, ☎ 808-879-2849, a biker bar with billiards, dartboards, video golf and live music on the weekends. It is surprisingly large on the inside and not what you expect from the modest-looking outside.

The Sports Page, 2411 South Kihei Road, ☎ 808-879-0602, has live music most nights as well as live sports events, such as Monday night football.

Bocalino Bistro & Bar, 1279 South Kihei Road, ☎ 808-874-9299, offers either live music, dancing or DJs from 10 pm to 1 am nightly.

Bada Bing Restaurant and Lounge, ☎ 808-875-0188, has live comedy with the Pono Players every Friday night.

Where to Stay

Searching for accommodation in Kihei can be overwhelming as there are dozens of places to choose from – condos, vacation rentals, bed and breakfasts and mid-priced resorts.

Kihei Maui Vacation, ☎ 800-541-6284 or 808-879-7581, www.kmvmaui.com, or **Condominium Rentals Hawaii**, ☎ 800-367-5242 or 808-879-2778,

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

www.crhmaui.com, can help you sort through all of the offerings and find the place that best suits your needs. **AA Oceanfront Condo Rentals**, ☎ 800-488-6004, www.aaoceanfront.com, has been helping visitors with their South Maui condo needs since 1983.

Bed & Breakfast/Inn

Maui - What A Wonderful World, Bed and Breakfast, 2828 Umalu Pl., ☎ 808-879-9103 or 800-943-5804, www.amauibedandbreakfast.com, amauibnb@maui.net. What a wonderful place to stay. In a pleasant, quiet neighborhood between Piilani Hwy and S. Kihei Rd on the southern end of Kihei, this four-room B&B is very comfortable and accommodating. Hosts are Eva and Jim Tantillo. Eva is ultra-friendly and efficient (she's a self-proclaimed non-stop talker) and her friendliness makes up for the few quirks I had about the place (missing light bulbs and a remote control that didn't work). Everything you need – laundry, beach towels, ice chests, snorkeling gear – is a grab away and the common dining area upstairs is decorated with a Hawaiian motif and has ocean views. Coffee is ready at 5:30 am and breakfast is served from 7:30 to 9 am. I stayed in the spacious Ocean Room (more like a studio apartment), which had a gorgeous Hawaiian quilt bedspread and a full-size refrigerator, toaster oven and dining area. Eva loves to sleep so her passion for shut-eye has been passed on to the guest rooms, in the form of firm, comfortable mattresses and feather pillows. For breakfast there are fresh papayas and juice, followed by one of Eva's specialties – pineapple upside-down pancakes, cheese soufflé and crunch French toast. $$

Two Mermaids on the Sunny Side of Maui, ☎ 800-598-9550, www.twomermaids.com. Choose from the one-bedroom Ocean Ohana room or the poolside studio "sweet" in this colorful bed and breakfast. Breakfast can be enjoyed at any time and consists of homemade bread and fresh fruit. There's also a barbecue area and a swimming pool. $$

Boutique Hotel

Aloha Pualani Hotel Boutique, 15 Wailana Place, ☎ 808-875-6990 or 866-870-6990, www.alohapualani.com, info@alohapualani.com. You know when you have a dream

and a picture in your head of how to make it come true? So did Sherry Withers and the result is this stunning, recently opened treasure of a hotel situated on the northern end of Kihei. Every aspect of the rooms and the outlying property has been perfected, from the Kohler bathroom fixtures to the local artwork to the wallpaper/carpet/paint combinations and the courtyard fountain created by local artist Piero Resta. Touted as the island's "first and only boutique hotel," the Aloha Pualani is on the mauka (mountain) side of South Kihei Road and is across from the beach. Each room has an individual design theme and is created for one or two people only – no families permitted, as the grounds are not kid-friendly. The Aloha Pualani would be a wonderful setting for a wedding party (there is a honeymoon suite), although for large parties the whole property must be rented (it accommodates up to 13 people in five units). The courtyard area has a pool, bar and barbecue set-up and can hold parties of up to 60 people. With the tiki torches lit, it's a superb setting for a special event. Rooms have remote-controlled air-conditioning as well as a TV/DVD, a small refrigerator and a coffee maker. Each room has a view of the ocean. There is access to laundry, daily maid service, an ice machine and an outdoor shower. The website is modern and user-friendly.

Maui Oceanfront Inn, 2980 S. Kihei Road, ☎ 800-263-3387 or 808-879-7744, www.mauioceanfrontinn.com. They also claim to be the first boutique hotel – next to Sarento's on the beach. On Keawakapu Beach at the southern side of Kihei at the entrance of Wailea, this has 56 hotel rooms and 15 suites. The rooms, front desk and lobby were the recent focus of a $7 million renovation, which made the rooms more island-style.

Amenities include laundry facilities, a workout room, free parking and, best of all, you're just feet away from the world-class restaurant, Sarento's on the Beach. There's also a hair salon, convenience store and the respectable Five Palms Restaurant around the corner. On the beach in front of the inn is a beach activities center where you can rent equipment and arrange island activities. Basic rooms $$; two-bedroom suites $$$; ocean-front suites $$$$

Hotels

Maui Lu Resort, 575 South Kihei Road, ☎ 800-922-7866, www.astonmaui.com. This older resort is one of the best values in Maui. Situated on 28 acres, the 120-room low-rise hotel has two private beach coves and a pool shaped like Maui. $$-$$$

Maui Coast Hotel, 2259 South Kihei Road, ☎ 800-663-1144 or 808-874-6284, www.mauicoasthotel.com. I knew this was a great place to stay when I saw a dozen pilots and flight attendants checking out when I was checking in. These seasoned travelers know what they're doing. Small and tucked away behind Spices Restaurant, the Maui Coast Hotel is a clean, reasonably priced, central accommodation. The seven-story hotel has 265 rooms, including 114 suites and was fully renovated in 1999. If you're staying on one of the top two floors, you'll get a great view of the ocean from the glass elevator. Washers and dryers are available on every other floor. More kudos go to the hotel for the free two-computer Internet station in the lobby. Standard rooms and alcove suite $$$; one-bedroom suites $$$$

Condominiums

Sugar Beach Resort is an ocean-front, six-story condominium resort in North Kihei on two-mile-long Sugar Beach. The resort takes up a large chunk of property when you first come into Kihei from the north. There's a general store, a sandwich shop, bar/restaurant and activity center. All of the 216 units have complete kitchen, washer/dryer and air conditioning. The resort has a pool and Jacuzzi, sauna, tennis courts, a putting green and barbecue area. It is a bit far from central Kihei and this area tends to get windy. Call **AA Oceanfront Condo Rentals**, ☎ 800-488-6004 or 808-879-7288, or **Condominium Rentals Hawaii**, ☎ 800-367-5242 or 808-879-2778, for rental information. $$-$$$

Kihei Kai, 61 North Kihei Road, ☎ 800-735-2357 or 808-879-2357, www.maui.net/~kiheikai, is an economical choice with 24 one-bedroom apartments in a two-story beachfront building. The property has a recreation room, barbecue area and laundry room. $$

Maalaea Surf, 12 South Kihei Road, ☎ 800-423-7953 or 808-870-7953, www.maalaeasurfresort.com. This two-story complex has 34 peaceful units at the end of Kihei. The property includes shuffleboard, a barbecue area and maid service. $$$-$$$$

Menehune Shores, 760 South Kihei Road, ☎ 800-558-9117 or, ☎ 808-879-3428, www.menehunereservations.com. This older resort has 70 units and is six stories. All units have wonderful ocean views and there's a whale-watching platform on the roof. The property also has a heated pool and shuffleboard. Yorman's by the Sea restaurant has jazz nightly. Three-night minimum. $$-$$$

■ Wailea

As you leave Kihei and enter Wailea, you'll encounter a series of five beaches lined with resorts and connected by a paved walkway.

Getting Around

Taxi service is available island-wide through **Royal Taxi**, ☎ 808-874-6900.

History

In Hawaiian legend, Wailea (translated as "the waters of Lea") was the home of Lea, the Hawaiian Goddess of canoe-making, who would turn into an elepaio bird, like the one at left, and soar above forests to identify trees suitable for the outriggers on seagoing vessels.

From the mid-1800s Wailea was used for cattle ranching and flourished until the Wailea resorts were developed in the early 1970s.

Shopping

If you're looking for gourmet cheese, wine, olives and other snacks, try **Caffe Ciao Deli** in the Fairmont Kea Lani. They have fresh bread, desserts, homemade sandwiches, salads, produce, scones, muffins, bagel, coffee, hot sauces, jellies and jams. They even sell jalapeño-spiced microwave popcorn. I wish there were a place like this where I live! They also sell made-in-Hawaii products, such as Anahola granola from Kauai and goat cheese from the Surfing Goat Dairy in Kula. Open 6:30 am to 10 pm.

The Shops at Wailea, 3750 Wailea Alanui, ☎ 808-891-6770, www.shopsatwailea.com. This two-level shopping center is one of Maui's newest malls and its cleanliness and clever architecture make it one of my favorites. Plus, it's got something for everyone. If you're staying in Wailea, you probably passed the shopping center on your way to the hotel. If you're not sure where it is, take Wailea Alanui Drive to the intersec-

tion of Wailea Ike Drive. If you're not in Wailea and you're coming from Pi`ilani Highway, take Wailea Ike Drive towards the ocean and then follow the signs to The Shops at Wailea. The east wing has luxury stores, such as Tiffany, Louis Vuitton, Fendi, Guess? and Coach, among others. On the other side of the center, you'll find standards, such as Gap, Banana Republic and White House/Black House. Local favorites include Crazy Shirts, Blue Ginger & Blue Ginger Kids, Guava Jam, Reyn's and Honoloa Surf Co.

Author's Favorite: Martin & MacArthur, ☎ 808-891-8844, www.MartinandMacArthur.com, perpetuates the art and craftsmanship of Old Hawaii with gorgeous furniture, koa wood boxes and bowls, as well as Hawaiian quilts. The handcrafted koa darts, cribbage boards and chess sets make great gifts.

Elephant Walk, ☎ 808-891-8684, has Hawaiian-made items, such as handmade quilts, koa boxes, sea glass jewelry.

The Shops at Wailea also has a diverse selection of art galleries and several upscale jewelry stores, such as **Na Hoku**, ☎ 808-260-3912, www.NaHoku.com, which has diamond and 14K gold versions of the crazy-popular slipper necklaces and earrings. The **Célébrités Gallery**, www.celebrityfineart.com, which also has a store in Lahaina, specializes in celebrity artwork by the likes of John Lennon, Ron Wood, Carlos Santana and Jerry Garcia. **Dolphin Galleries**, ☎ 808-891-8000, which also has shops in Lahaina and Ka`anapali, has limited editions of exclusive art, sculptures, glasswork and jewelry.

If you're looking to buy a new swimsuit or other beach apparel, check out **Maui Waterwear**, ☎ 808-891-8669, and browse their selection of suits by such designers as Jantzen, La Blanca and Tommy Bahama. **Footprints** has women's shoes which are pricey but of good quality. They will last for years and serve as a reminder of your trip to magical Maui.

Headed to the beach for the day and need to pick up some last-minute supplies and, perhaps, an affordable picnic lunch? **Whalers General Store** in the Shops at Wailea is a great place to find sunscreen, water, souvenirs and sandwiches (actually, great sandwiches!) The **Waterfront Deli** inside the store has New York-style sandwiches, such as an "uptowner" with pastrami and the "Everyday is Thanksgiving," which has turkey, stuffing, cranberries, lettuce and mayo. They also have vegetarian sandwiches, salads, soup and grilled burgers, including the vegan Maui Taro Burger. They offer picnic box lunches with sandwiches, chips, a cookie and a soda for $9 per person. You can purchase deli meats and cheeses to make your own sandwiches or grab bagels and muffins if you're getting an early start.

Tip: Every week the shopping center holds a festival it calls "WOW! Wailea on Wednesdays" from 6:30 to 9 pm, with live entertainment from 6:30 to 8:30 pm, champagne, restaurant specials and "meet the artist" gatherings in the galleries. For more information, ☎ 808-891-6770 or visit www.shopsatwailea.com.

Great For Kids: Visit **The Endangered Species Store**, ☎ 808-891-9260, an educational and fun shop that has great games for kids and fun gifts for friends and family. The shop is open from 9:30 am to 9 pm daily.

Beaches

Keawakapu Beach: As you're leaving Kihei and heading toward Wailea, you'll see a dead-end road straight ahead. Instead of veering left to go to Wailea, take this road and you'll see a shoreline access sign and then a parking lot on the right. Head down the steps to check out this beautiful beach. Swimming is good and snorkeling fair.

Mokapu & Ulua Beach: You'll see a sign for these two beaches by the Renaissance Wailea Beach Resort. Turn in and

park in the small parking area. There are restrooms and showers nearby and equipment can be rented at Wailea Resort Activities Center, which is close-by. A small patch of rocks separates these two beaches. Ulua is well groomed and a better beach for snorkeling, especially in the morning as the wind picks up in the afternoon.

Wailea Beach: Public access to Wailea Beach can be found one mile south of the Wailea Marriot – look for the beach access sign. There are restrooms and showers at this beach, which fronts the Grand Wailea Resort.

Polo Beach: To get to Polo Beach, pass the Fairmont Kea Lani and take a right, then another right and you'll be in the parking lot. There's a small path to Polo Beach; it also takes you past all of the Wailea resorts.

Adventures on Foot

Golf

Wailea, with its pleasant weather and keen location, is renowned for golf. There are three courses – the rugged yet scenic **Wailea Gold**; the challenging **Wailea Emerald**, with a double green on holes 10 and 17; and the ever-popular **Blue Course**. All are par-72, with the Gold and Emerald courses designed by Robert Trent Jones II, while the Blue course was designed by Arthur Jack Snyder. The Gold and Emerald courses are at 100 Wailea Gold Club Drive and the Blue course is at 120 Kaukahi St, ☎ 808-875-5155. For more information, ☎ 808-875-7450 or 888-328-MAUI, www.waileagolf.com.

Tennis

Wailea Tennis Club, 131 Wailea Ike Place, ☎ 808-879-1958, www.waileatennis.com, has 11 Plexipave courts, as well as a full-service pro shop.

Adventures on Water

Scuba

Ulua Beach, by the Renaissance Wailea Beach Resort, is one of the easiest shore dives on Maui and good for beginners when the surf is down. There's a

reef to the right and you'll see lots of sea life with little vegetation.

Where to Eat

Wailea/Makena

The Shops at Wailea: This modern-for-Maui shopping center is home to four excellent restaurants, each with its own niche.

On the bottom floor is the south-shore branch of **Longhi's**, ☎ 808-891-8883, www.longhis.com, open 8 am to 10 pm Monday through Friday and 7:30 am to 10 pm on weekends. The award-winning open-air restaurant has the same trademark black-and-white checkerboard floor as the original one in Lahaina and the kitchen serves many of the same dishes. Like their West Maui counterpart, they are famous for their breakfasts, fresh fish entrées, homemade pastas and bread. Lunch includes salads, basic sandwiches, such as Rueben, hoagie and corned beef, and open-faced Italian-themed sandwiches, such as chicken picatta and chicken marsala. Try the renowned artichoke appetizer with melted lemon butter and fresh grated Reggiano parmesan or a salad made with fresh Maui greens and vegetables. Breakfast $; lunch $$; dinner $$-$$$

Cheeseburgers, Mai tais & Rock `n' Roll, ☎ 808-874-8990, www.cheeseburgerwailea.com. This is an offshoot of the landmark Lahaina eatery, Cheeseburger in Paradise. It has more space and the food is just as good. They have great mai tais and funky, off-the-wall décor. The view could be great but is currently being obstructed by construction of the Wailea Beach Villas, a luxury condominium resort. $

Tommy Bahama's Tropical Café, ☎ 808-875-9983. Open from 11 am to 11 pm. If you want something a little more upscale than a cheeseburger, try Tommy Bahama's (yes, the same one who makes upscale resort wear). This tropical chain restaurant is more Caribbean than Hawaiian but is still one of my favorites. The restaurant has a nice courtyard area with a view of the ocean. For appetizers, they have a "famous" coconut shrimp dish, crab cakes and blackened ahi. There are several salads to choose from, some of which you can top off with

chicken, fish or shrimp. For lunch, they have "Mama Bahama's Chicken Sandwich," served with a Caribbean jerk sauce and garlic aioli, a grouper sandwich, cheeseburgers and a shrimp BLT. Dinner entrées are more intricate and include salmon, chicken, pork, pasta, tuna and ribs. $$

Ruth's Chris Steak House, ☎ 808-874-8880. Upstairs in the shopping center, this branch of the nationwide chain has top-quality steaks. They also have lamb chops, pork chops, lobster tails, shrimp, chicken and fresh fish. Dinner is served nightly from 5 to 10 pm. $$

Joe's, 131 Wailea Ike Place, ☎ 808-875-7767, www.joesmaui.com. Open nightly from 5:30 to 9 pm, Joe's is what happens when you combine (in marriage and business) a legendary Maui chef with a former Hollywood director/producer – a spectacular restaurant that grabs you when you walk in and then entertains you through dessert. The restaurant's namesake, Joe Gannon, is a behind-the-scenes rock-and-roll legend (he's worked with Neil Diamond, Madonna, Julio Iglesias and Alice Cooper, among others) and this background is evident the minute you walk in and see all the memorabilia highlighted by the perfect lighting that runs through the restaurant. Joe's is perched above the Wailea Tennis Center and try to make it before sunset as the building has views of the ocean on one side and Haleakala on the other. The food is just as inviting – Bev uses fresh ingredients and flavors to create dishes that combine style with simplicity. For pupus try Bev's world famous crab dip or a smoked salmon arepa tower with corn pancakes, tomatillo sauce and cilantro crema. Entrées are categorized for meat lovers, seafood lovers and poultry lovers. For dinner, Bev puts a special touch on classic tastes, such as a grilled salmon BLT or Joe's favorite meatloaf. $$$

Lobster Cove Restaurant (on the hill above The Shops at Wailea), ☎ 808-879-7677. Open for dinner from 5 pm to midnight with a late-night Happy Hour from 10 pm to 2 am. A casual European restaurant with French-Belgian cuisine, Lobster Cove has been around since 1992. In addition to fresh fish, Dungeness crab, filet mignon and shrimp, they have fresh live Kona lobsters prepared in different ways. $$

Mulligan's on the Blue, 100 Kaukahi Street, ☎ 808-874-1131, www.mulligansontheblue.com. On the Wailea Blue

Course, across from the Fairmont Kea Lani, Mulligan's is Maui's only real Irish pub. Established in 2001, it looks like a traditional Irish pub, with a U-shaped dark wood bar, complete with tea towels. But the open-air dining area and sliding glass doors remind you that it's in Maui, not Dublin. They have six beers on tap and 24 bottled beers from around the world. The kitchen serves such Irish specialties as harp-battered fish and chips, Irish lamb stew, shepherd's pie, corned beef and cabbage and Irish bangers and mash. For appetizers, the ricotta- and spinach-filled ravioli are highly recommended, as is the sashimi (either plain or Cajun-spiced). It's a semi-sports bar with seven TVs and an outdoor pool table. Open from 8 am to 1 am; breakfast is served until 3 pm. They have a Happy Hour from 5 to 7 pm.

Seawatch, 100 Wailea Golf Club Dr, ☎ 808-875-8080. Breakfast is served daily from 8 am to 3 pm, dinner from 6 to 10 pm, the light grill menu from 3 to 10 pm. If you're in Wailea and half your party wants breakfast, while the other half wants lunch, go to the Seawatch where both meals are great. On the Gold and Emerald Golf Courses in Wailea, the Seawatch has been serving great meals with a terrific view of the ocean since 1994. Breakfast includes classic eggs Benedict or a crabcake or smoked salmon variation, omelets, a *Paniolo* breakfast with bacon, ham or Portuguese sausage, or smoked salmon with a bagel with Maui onions. For lunch, the choices include burgers, sandwiches and salads. At dinnertime, try crab cakes, prawn cocktails, Porcini scallops or a combination of all three. The salads incorporate Kula greens and Maui onions and entrées include duck, steak, and rack of lamb, fish and prawn dinners. Fresh fish entrées can be served with a mango chutney macadamia nut crust, or marinated in teriyake sauce and peppered or grilled over kiawe. Breakfast $; lunch $; dinner $$

In the Grand Wailea Resort Hotel & Spa

☎ 808-875-1234

Humuhumunukunukuapua`a, ☎ 800-888-6100, has Hawaiian and Polynesian cuisine served next to the ocean and atop a lagoon with over 70 species of fish. Service is

hit-or-miss at this romantic spot, which has the longest restaurant name in Hawaii. $$$

Kincha. This impressive building was made in traditional Japanese style with no nails. The food is just as impressive, with traditional Japanese cuisine as well as a menu featuring chicken, fresh fish, scallops and filet mignon. $$$

You can't miss the **Botero Bar** in the middle of the lobby. Drinks and pupus are available from 5:30 to 9:30 pm.

In The Four Seasons Wailea Resort

☎ 808-874-8000

Ferraro's Bar & Ristorante, ☎ 808-874-8000, has gourmet Italian cuisine served oceanfront with live violin and guitar music in the background. For lunch, they have exotic burgers, sandwiches and salads. Dinner offers authentic Italian cuisine with a Hawaiian touch. The wine list has over 150 Italian selections. Ferraro's is close to the beach. Lunch is served from 11:30 am to 4 pm with a light lunch from 4 to 6 pm. Dinner is from 6 to 9 pm. $$$

Spago, ☎ 808-879-2999. The menu changes nightly at this chic, popular eatery but is sure to include entrées made with the freshest seafood. Dinner served nightly from 6 to 9 pm. $$$

In the Four Seasons Resort

☎ 808-874-8000

Pacific Grill has hands-down the best breakfast buffet on Maui. Make sure to bring your appetite and enjoy pastries, fruits, cheeses, hash browns, eggs, bacon and sausage. And that's round one. Then visit the omelet station where a chef makes omelets, French toast, and pancakes (regular or chocolate chip) to order. The buffet is $25 per person, which is a deal considering that most entrées are about $20. For dinner, enjoy fish and meat plates with a Hawaiian twist, such as a macadamia nut-crusted pork chop with an apple and Maui onion compôte. Breakfast served daily from 6 to 11:30 am, dinner from 6 to 9 pm. Breakfast $$; dinner $$$

The **Lobby Lounge** has pupus and drinks from 5 pm until 11:30 pm nightly along with live entertainment, including a

hula performance from 5:30 to 6:30 pm Tuesday, Thursday and Saturday.

In the Fairmont Kea Lani

☎ 808-874-4100

The much-raved-about **Nick's Fishmarket Maui**, ☎ 808-879-7224, serving dinner from 5:30 to 10 pm, bar open until 11 pm, has potential, but I was disappointed. The location is fabulous. The open-air restaurant has an 800-gallon aquarium and an admirable glass-enclosed 2,000-bottle wine display. The ambiance is spectacular, with an outside terrace and comfortable inside décor. The menu is impressive, serving Beluga caviar, sushi rolls and shrimp cocktail for pupus and live Keahole Maine lobster, rock lobster tails, rack of lamb, fresh fish and "beef and reef" for dinner. The service (at the bar) was OK – I never got bread and my mashed potatoes were warm, not hot. The opakapaka in a caper sauce was good, but not excellent. I've had a lot better for a lot less. $$$

Caffe Ciao. This cute Italian-style café has brick-oven pizzas, along with a contemporary Italian menu featuring rib eye, chicken or lamb chop entrées. Serves dinner from 5:30 to 10 pm and lunch during busy seasons.

Diamond Resort

☎ 808-874-0500

Restaurant Taiko serves creative Japanese and French cuisine in the resort's most casual restaurant (and I mean high-end casual). Breakfast is served daily from 7 to 10 am, lunch from 10 am to 12:45 pm and dinner every day from 6 to 8:45 pm, except Tuesday. The restaurant's sushi counter is open only at dinnertime. $$$

Reservations are required for dining at **Le Gunji**, a French/Japanese Teppanyaki grill. There are only two seatings, one at 6 and a second at 8 pm. The restaurant is closed on Wednesday. Dress up for this one. $$$$

Capische?, ☎ 808-879-2224. This restaurant has only nine tables, all of which have a fabulous view of the ocean, Wailea and Makena, so make a reservation. The lounge area has a martini/piano bar with pupus. $$$$

Luau

The **Wailea Marriott** has a very Hawaiian-style luau from 5 to 8 pm on Monday, Tuesday, Thursday and Friday, with an open bar. The entertainment includes an award-winning fire knife dancer. ☎ 808-874-7831 for reservations. They work with groups for discounts.

Nightlife

The **lounge** at the **Fairmont Kea Lani** doesn't stay open that late but it's a great place to watch the sunset. For pupus, try ahi sashimi, calamari frittas, shrimp tempura or cheese with lavosh, walnuts and grapes.

The **Lobby Lounge** at the **Four Seasons** has live music from 8:30 to 11:30 pm almost every night of the week. They are open for pupus and cocktails nightly from 5 to 11:30 pm.

Tsunamis (at the Grand Wailea Resort) is open Friday and Saturday nights from 9:30 pm to 1:30 am, catering to an under-30 crowd, with a DJ playing R&B, hip hop, top 40 and house music. The cover charge is $10 and a dress code (not tank or slippers) is enforced.

Mulligan's on the Blue, ☎ 808-874-1131, 100 Kaukahi Street, is across from the Fairmont Kea Lani. It has music most nights of the week, including the six-member Celtic Tigers on Sundays from 7 to 10 pm, who play traditional Irish songs and jigs. Most Thursdays and Fridays are occupied by "Wailea Nights" with Barry Flanagan, one of Hawaii's best-known composers and singer-guitarists, joining singer/songwriter/actor Eric Gilliom for an entertaining night of contemporary Hawaiian songs. The show begins at 8 pm and is preceded by a three-course dinner. Tickets are $50 per person.

Capische?, on the mountain side of the highway and in the Diamond Resort, has an upscale piano lounge with a specialty Martini menu.

The **Renaissance Wailea Beach Resort** has entertainment every night from sunset in the Sunset Terrace from 6 to 9 pm. They also hold a hula performance from 7 to 8 pm on Wednesdays.

Where to Stay

Wailea

Condominiums

Outrigger Palms at Wailea, 3200 Wailea Alanui Drive, ☎ 800-688-7444 or 808-879-5800, www.outrigger.com. This condominium complex has 90 one- and two-bedroom units. $$$$

Hotels & Resorts

Renaissance Wailea Beach Resort, 3550 Wailea Alanui Drive, ☎ 800-992-4532 or 808-879-4900, www.renaissancehotels.com. An upscale member of the Marriott family, the Renaissance has 345 rooms, including 12 suites. They also have the Camp Wailea children's program. $$$$-$$$$$

Wailea Marriott Resort, ☎ 888-859-8262 or 808-879-1922. Renovated in 2000, the Wailea Marriott is part of the Outrigger family. The resort is on 22 acres and there is access to Ulua and Wailea beaches. There are also three pools, one of which has two waterslides. All rooms have a refrigerator, Internet access, and a safe. $$$$-$$$$$

Grand Wailea Resort Hotel and Spa, ☎ 808-875-1234. On 40 acres, this is one of the most grandiose resorts you'll find in Hawaii. It has 780 rooms, with the top two suites priced at $10,000 a night. They are proud of their art collection and offer an art tour two times a week. The hotel has nine Fernando Botero sculptures and the ceilings are covered with glorious paintings. There's 20,000-square-foot Camp Grande for kids plus an adults-only pool (the Hibiscus Pool). There are five restaurants as well as room service. Kids and adults alike will like the world's only water elevator, Tarzan-like rope swings and waterslides with caves and grottos to explore. At the beach

you can rent kayaks and Hobie Cats, surfing and snorkeling equipment. All rooms $$$$$

> **Cultural Maui:** The Grand Wailea has an Artists-in-Residence program that introduces guests to the artistic process while promoting local artists. The program is held every Tuesday from 8 am to 12:30 pm in the lobby. For more information, ☎ 808-875-1234 or visit www.grandwailea.com.

If you're thinking about visiting a spa during your visit, the **Spa Grande** at the Grand Wailea Resort is the only place to go. Their brochure lists 12 pages of treatments – hydrotherapy, facials, massages, massage packages, specialty baths, body scrubs, energy work and a salon. You could spend your whole vacation here. I tried the pohaku (lava stone) massage in which hot Maui stones are placed on troubled areas to loosen up the tissues and bones. It's a relaxing experience, while the Shiatsu or Lomi lomi massage are more intense.

Each spa treatment comes with a complimentary hour in the termé, a variety of water treatments including a cascading waterfall shower, a Japanese bathing area and five specialty tubs (papaya enzyme, seaweed, aromatherapy, seasonal Hawaiian and a mud bath). You're free to roam among the baths and I found the cascading waterfall to be my favorite – you sit under a high-pressure stream of warm water that is so powerful it massages. There's also a Swiss jet shower that I think takes everyone by surprise. You push the button outside the shower stall and then hurry in, only to get pelted every which way by high-volume sprays. A scrub bar uses all Hawaiian ingredients. With the scrub bar, you can choose from five healing combinations – Grounding, Energize, Detoxify, Peaceful and Balance. The service and atmosphere

was outstanding. If you're modest, wear a bathing suit, although many women go au naturel.

The fitness center in the spa has volleyball, racquetball and basketball. It's the largest spa in Hawaii, at over 50,000 square feet. Personal trainers are available and the Stairmasters come with a personal DVD player.

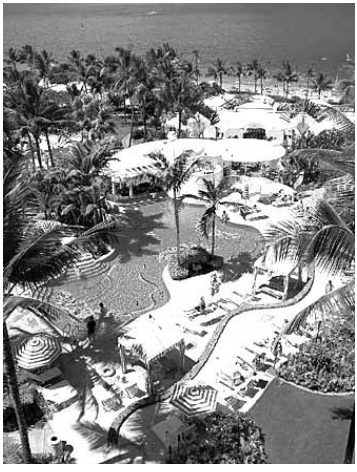
Four Seasons Maui, 3900 Wailea Alanui, ☎ 808-874-8000 or 800-334-MAUI, www.fourseasons.com. The view from the lobby of the Four Seasons Maui is what dreams and fantasies are made of – tiers of pools, fountains and beach umbrellas fronting one of Wailea's most spectacular beaches. This is my Shangri-La. On Polo Beach, the eight-story resort has 380 rooms with 75 suites in a U-shaped design that allows for ocean views from 80% of the rooms. Throughout the resort, you'll be impressed by the classic and inviting architecture. Service is impeccable, with personalized call-you-by-name bell staff and a pleasant hello from everyone.

There is an outdoor covered workout area with Stairmasters and treadmills overlooking the pool area and ocean. The restaurants are wonderful and the Lobby Lounge is a sophisticated yet fun place to have a drink in an open-air terrace at one of the high-rise tables overlooking the resort. The rooms are huge, with large marble bathrooms, and are classically decorated in tones of yellow. The private lanais are a refreshing break after staying in so many places where you can see your neighbors. There is a small kids pool with a tiny waterslide designed for toddlers. The pool area is a bit small and, if you're looking for privacy, head to the lawn or to the chairs behind the pool. Look on the Internet or call for room and car deals or bed and breakfast packages offered September, October and November. $$$$-$$$$$

The recently renovated **Spa** at the Four Seasons Maui is a lesson in luxury. They have a new menu of treatments, including Hawaiian Temple Bodywork, which has two therapists work-

ing on you at the same time. During your visit they integrate treatments with local lore, such as, perhaps, a lomi lomi massage with a meditative dance, ancient chants combined with traditional and modern Hawaiian music.

> **Romantic Maui:** Only one couple a night can enjoy the Ultimate Romantic Dinner, beach-side at the Four Seasons Maui. Reservations are required for this culinary treat in which the chef personally plans your meal after talking to you and your loved one. A sommelier then pairs wines for each course and your own private waiter serves the dinner and drinks.



Fairmont Kea Lani, 4100 Wailea Alanui, ☎ 800-659-4100 or 808-875-4100, www.fairmont.com. This huge blinding-white resort has become the trendy spot among the rich and famous. The architecture is like nothing else in Hawaii with its Moorish-looking buildings, rounded-top doorways and open-air corridors. And you can't beat the location. Polo Beach is down the steps from the resort and you're in sunny Wailea. The service is refreshing – you're greeted with a lei, juice and a moist hand towel. The nightly turndown service is a luxury and you're left with an orchid and a written message about Hawaiian history. Little touches make the difference between a good hotel and great hotel.

All of the 413 rooms are suites (it's the only all-suite hotel in Hawaii); they have an extra-large Italian marble bathroom with two sinks, a marble wet bar with a microwave and refrigerator. There is a television in the living room and the bedroom. Internet access is available at $13 for a 24-hour period. Try to get a corner suite with a wraparound lanai. Any of the

rooms ending with "3" (103, 203, 303…) are superb, with great views of the ocean, overlooking the pools and the rest of the resort. They also have 37 two- and three-bedroom private ocean-view villas which look like common houses in Greece. You'll pay a pretty penny for the 1,800-2,200-square-foot accommodations, including the private courtyard with a plunge pool and a barbecue.

The Fairmont has a lounge next to the lobby which is a good place to watch the sunset – but they allow cigarette and cigar smoking which can be bothersome.

The resort has three pools, including an adults-only pool (not what you think – just no kids!). Down at the pool, it's a lot less stuffy – they have a swim-up bar adjacent to the Polo Grill, which serves salads and sandwiches. Now, that's something you can't get at home! $$$$-$$$$$

Diamond Resort, 555 Kaukahi Street, ☎ 800-800-0720 or 808-874-0500, www.diamondresort.com. Diamond Resort is on the mountain side of Highway 31 and is a world apart from the ocean-side resorts. All 72 one-bedroom suites at this elegant 15-acre Japanese-inspired resort are spacious, with private lanais facing the ocean. Its smaller size makes it more private, tranquil and intimate. I rarely saw another guest except in the restaurants. Each of the suites has a large living room, bedroom with a huge bed, a small kitchen with a refrigerator and a sun-drenched lanai with patio chairs. I had a glorious second-story unit overlooking a pond with views of Kaho`olawe and Molokini on one side, the West Maui Mountains on the other and a distant-view of Lana`i in the middle. Use of the spa is included in the room rate and all guests should take advantage of this special benefit. They also offer free parking and copies of *USA Today* (unfortunately, they don't have the Maui or Honolulu papers). There's no room ser-

vice except for a pre-arranged breakfast, if desired, consisting of a Japanese or American breakfast or à la carte items. $$$$

The Diamond Resort Spa, ☎ 808-874-0500, is an unattended bathhouse available for guests to use at their leisure. There are separate open-air spas for men and women and you enter the facility using your room key. The spa follows the plan of a Japanese/German-inspired "Kurhaus" hydrotherapy health system using different baths to promote good health. There are no attendants but lots of directions on how to use the different baths, such as the Utase-Yu, a cascading waterfall massage, the Ne-Yu, a reclining bath believed to improve vascular function and a Finnish-style dry sauna. Keep in mind that bathing suits are not optional – all baths must be used in the nude, although towels are available. Other spa services, such as facials, body scrubs, wraps and massages can be purchased and arranged by contacting the front desk. The spa is open from noon to 10 pm.

■ Makena

Just south of Wailea, this is the end of the road. There are no restaurants other than the ones in the resort and there are no shops whatsoever – but that's part of its beauty.

Sightseeing

Keawala`i Church

Founded in 1832, Keawala`i ("A Calm Bay") Church is on Makena Bay. There's a graveyard adjacent to the tiny church.

Maluaka Beach

Maluaka Beach (also called Makena Beach) is in front of the Maui Prince Hotel. This is a great boogie boarding beach and it has spectacular views of West Maui, Lana`i and Moloka`i. There are parking lots at both ends of the beach. To get to the northern end, turn right from Wailea Alanui Drive onto Honoiki Street

and then take a left on Makena Road. After you pass Keawala`i Church on the right you'll see a parking lot on the left. At the southern end, turn right after the resort and then right again into the parking lot.

Oneloa Beach

Oneloa Beach is better known as Big Beach and is a huge expanse of golden sand. It's great for boogie boarding but be careful; some refer to it as "Collarbone Beach," due to the steep drop-off and number of injuries reported there. There are portable toilets and a small picnic area.

> **Local Grinds:** Right past Big Beach is the roadside barbecue stand called **Makena Grill** (☎ 808-281-5700). Marisa Robinson uses kiawe wood to grill fish, teriyaki chicken or beef and her stand has made a name for itself among visitors to Makena – the site is decorated with pictures of customers and fans, including Mike Tyson, Tony Hawk and well-known surfers. She also sells photos, artwork and jewelry at her stand, which is open from 11ish to whenever.

Little Beach

Little Beach is world famous for one reason only – it's a nude beach. It even has its own website, www.littlebeachmaui.com, which provides information on the beach and etiquette to observe while there. Little Beach is over a small hill from the northern end of Big Beach and it tends to get very crowded on Sundays.

Molokini

This crescent-shaped sunken volcanic cinder crater lies off the shore of Makena and is the most popular snorkeling and

diving spot on Maui. Visibility is usually about 80 to 150 feet. Molokini is a protected marine park and the land itself is a bird sanctuary. You can best see Molokini from the Makena area and you can take snorkeling cruises to Molokini from Ma`alaea Harbor or Makena (See *Adventures on Water*, page 257, for more information)

As you keep driving down Wailea Alanue Drive, which is lined with cactus, you'll see the remnants of Maui's most recent lava flow, estimated to have occurred about 1790.

`Ahihi-Kina`u Natural Preserve

As you pass Makena Beach you'll see a sign for this preserve, which is made up of black lava rock formations. There's a tiny beach with a lot of people, most of them not sure what to do. The snorkeling is good but the swimming is not. There's basically nowhere to park and, if you do, make sure you're not blocking the road.

La Perouse Bay

Keep driving and you'll see a monument to La Perouse, an explorer who arrived here on May 30, 1786. It's on the left just before the road ends. The road is bumpy so take it slow. There are plenty of places to get out and hike, but wear sturdy shoes because you'll be walking on lava.

Adventures on Land

Golf

The sunny weather of Makena makes the North and South courses there popular spots. Designed by Robert Trent Jones Jr, the courses comprise 64 championship holes spread over 1,800 acres. The North Course reaches up to 800 feet above sea level with views of Haleakala, while the South Course contains outstanding oceanfront holes. The facility also has a fully equipped pro shop, showers, practice driving range and putting greens and shoe and club rentals.

> **Author's Tip:** Guests staying at the Maui Prince Hotel in Makena have preferred rates and tee-time privileges at the Makena Golf Courses.

Horseback Riding

Patrick and Helaine Borge, owners of **Makena Stables**, ☎ 808-879-0244, www.makenastables.com, provide horseback adventures on their well-cared-for horses, with rides up to the 20,000-acre `Ulupalakua Ranch and then on to paths overlooking the Ahihi-Kinau Reserve and La Perouse Bay. They have been in business for over 20 years on Maui and keep the tours small with a maximum of six riders on each of the guided treks. Choose from a 2½-hour morning tour ($135) or a longer sunset tour for $160. They also have a La Perouse Bay Lunch Ride which lasts five to six hours.

Tennis

The Makena Tennis Club, ☎ 808-879-8777, www.makenagolf.com/tennis, at the Maui Prince Hotel, is available for guests and visitors. It has six Plexipave courts, two of which can be used at night. Open daily from 7 am to 7 pm with night play until 9 pm with a reservation.

Adventures on Water

Ocean Kayaking

Kelii's Kayak Tours, ☎ 888-874-7652, www.keliiskayak.com, will take you out on a kayak for a South Shore Turtle Adventure from Makena Landing past Big Beach and Little Beach. You'll see lots of turtles and other marine life. The 2½-hour tour costs $55; a longer and more extensive 4½-hour tour costs $89.

Snorkeling

If you're staying at the Maui Prince Hotel, the only snorkeling company to go with is **Kai Kanani**, ☎ 808-879-7218, www.kaikanani.com.

> **Author's Tip:** Don't make the mistake of staying in Makena or Wailea and booking a snorkel trip from Ma`alaea – you will only be cruising back to the waters in front of your hotel.

I left from Makena which is the closest spot to Molokini (only 3½ miles away). The summit of Molokini rises about 160 feet above sea level and its shape creates a shield from strong waves and currents. From our boat we could see five Hawaiian islands – Maui, Moloka`i, Lana`i, Kaho`olawe, and the Big Island. During your snorkeling trip you may see a grey-tip shark, a white-tip shark or an octopus. You may even see one of resident rare Hawksbill sea turtles. Vibrant blue water.

The knowledgeable crew aboard the 46-foot sailing catamaran ***Kai Kanani***, ☎ 808-879-7218, can help you. They don't take more than 40 people at once, which is comfortable and allows for roomier snorkeling. They also have an early morning cruise that gets you to Molokini before the crowds arrive. The sunrise express tour is $39, the Molokini snorkel and sail trip is $89 and the whale watch (in season) is $39.

Where to Eat

In the Maui Prince Hotel

☎ 808-874-1111

Café Kiowai has a breakfast buffet for $22 per person or an abbreviated continental breakfast for $15. Or try the `Ulupalakua Ranch omelet with bell peppers, onion, ham and cheddar cheese or a vegetarian fritatta with egg whites, all served in a cool garden setting. Open from 6 to 11 am. $$

RESTAURANT PRICE CHART

Cost of an appetizer, entrée & dessert, not including drinks.

$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Prince Court, ☎ 808-875-5888. Open for dinner 6 to 9 pm Wednesday through Monday. This upscale and pricy restaurant focuses its menu on seafood, poultry and meat dishes. Executive chef Greg Gaspar has created dishes spectacular enough to win a Hale `Aina award from *Honolulu Magazine* for Best Hotel Restaurant. On Friday nights, the Prince Court holds a Prime Rib and Seafood Buffet for $42 and a champagne brunch on Sundays from 9 am to 1 pm for $42. The Sunday brunch has gained much acclaim and has been named "Best Brunch on Maui" by many

publications. Resort attire is required – collared shirts and dress shorts or slacks for men. $$$

Hakone, ☎ 808-874-1111. Dinner served from 6 to 9 pm Monday through Saturday. Traditional sushi and Hakone specialties, such as their Lei of Aloha Roll, are served nightly at Hakone. Besides tropical Japanese cuisine, Hakone has salads and fish, chicken and pork dinners. For a special night, try the tableside-cooked, Navemono, a two-person feast (reservations necessary). The dinner includes the chef's special appetizer (your choice of sukiyaki or shabu shabu). Monday nights feature a Japanese Buffet, while on Thursday evening it's sushi bar only with sashimi and tempura specialties. Resort attire is required. $$$

Makena Clubhouse, ☎ 808-875-5888, has views of the ocean and the Makena golf courses. Open for lunch daily from 10:30 am to 4 pm, cocktails and pupus from 4 to sundown. The usual clubhouse lunches are available – Caesar and Cobb salads, clubhouse and Reuben sandwiches, plus burgers and Hawaiian specialties, such as mixed plate lunches, saimin and island-style chicken curry. $$

Nightlife

The Molokini Lounge (inside the Maui Prince Hotel), open daily from 5 to 10:30 pm, is a great place to have a drink and a pupu while watching the sunset. They have live Hawaiian entertainment nightly and a mini-hula show at 6 pm on Mondays, Wednesdays and Fridays.

Where to Stay

Maui Prince Hotel, 5400 Makena Alanui, ☎ 808-874-1111 or 866-PRINCE6, www.princeresorts-hawaii.com. Every room in this 310-room (including 20 suites) hotel has a full or at least partial ocean view,

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

with a spacious lanai perfect for watching the sunset. Upon arrival, you're greeted with a shell lei and a cool oshibori towel. The rooms are spacious and bright and have in-room fridges (with complimentary bottled water), iron/ironing board and safes. One special feature of the room is the double door – the front door is a regular one, which is followed by a short hallway with a separate door that has wooden vents. It allows you to have a vented locked door combined with the screened lanai door; when they're both open you have a pleasant breeze through the room. Internet access is available from the concierge, although it is pricey. The hotel has a six-station fitness trail, a massage center with facials and tanning available, as well as a Prince Kids Club for children ages four to 12.

The hotel is on 1,800 acres and fronts a white sandy beach with a secluded cove that is great for snorkeling. An ocean activity center next to the beach rents equipment, sells cameras and sunscreens and books snorkel and scuba tours.

For such a large resort, they have a small round pool with an accompanying poolside café (try the veggie wrap with garlic and red pepper sauce or the lobster salad sandwich). Valet parking is free and a shuttle runs from 6 am to 9:30 pm and will take you anywhere in Wailea or Makena. Ocean-view $$$$; ocean-front $$$$$

Haleakala & Upcountry

■ At A Glance

It is amazing to me that only 30 minutes away from the seemingly unending sunshine, beaches and pleasant tradewinds of Kahului and Pa`ia is the Upcountry area. It is a different world here – different vegetation, different weather and definitely a different lifestyle. Upcountry is where people who know all corners of Maui choose to live or visit. And this is a tight-knit community that knows how good they have it. The residents are very community-oriented, unabashed about their surroundings but secretive, as if they know something about Upcountry that we don't (a fair assumption).

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While in Kula, I found myself racing up and down the Haleakala Highway trying to see both ends of an enormously brilliant rainbow. And the sunsets are spectacular – watching the sun go down from up in the mountains is an entirely different experience.

This chapter includes the gateway town of Pukalani, fertile Kula, Makawao, Ha`iku, and Haleakala Crater.

■ Pukalani

As you're headed Upcountry on the Haleakala Highway (Highway 37), veer right onto the Old Haleakala Highway after you pass the turnoff to Hali`imaile. Welcome to Pukalani.

There's not much reason to stop here except to do some shopping or grab a quick bite to eat. Consider this the gateway town to the wonderful Upcountry area.

Shopping

For grocery shopping, stop at **Foodland** at the Pukalani Terrace Center for an up-to-date modern shopping experience. For more of a local feel, check out **Pukalani Superette**, ☎ 808-572-7616, which has local-style food and great fresh produce. The **Pukalani Terrace Center** is also home to Subway, KFC, Ace Hardware (with an ATM outside), Supercuts, Starbucks, Napa Auto Parts and Pizza Hut. McDonalds is around the corner.

Adventures on Foot

Golf

Pukalani Country Club, 360 Pukalani Street, ☎ 808-572-1314, has an 18-hole layout on the slopes of Haleakala with verdant fairways and smooth greens. To get there, take Haleakala Highway (Highway 37) from Kahului and take a left on Pukalani Street at the intersection with the shopping center. At the end of the street is the gold course parking lot. Tee times are from 7 am to 2 pm.

Where to Eat

Aha`aina Upcountry Café, 7 Aewa Place in the Kooy building, ☎ 808-572-2395. Open 7 am to 2 pm Tuesday through Saturday, 7 am to 1 pm Sunday, closed Mondays. It's easy to miss this café hidden in a shopping center. But old-timers know where it is (it used to be called the Upcountry Café or the Cow Café). New owners James Tafoya and Kristine Kane have kept the old appeal and added a fresh touch to this homey diner. They don't advertise but keep a steady flow of customers. Breakfast includes several varieties of omelets as well as specialties, such as "heifer and eggs." Lunch includes hot plate lunches, burritos and wraps. $

The small shopping center called Pukalani Square is where you will find **Sunny Maui Specialties**, ☎ 808-573-2375, open 6 am to 4:30 pm Monday through Friday. This small coffee shop/lunch spot specializes in smoothies, milkshakes, freezes, ice cream cones and floats. For lunch, they have a

cafeteria-style heated table with different entrées (picture chicken katsu and spaghetti) every day. $

Maui's Fresh Tamales & Mexican Food, Inc, ☎ 808-573-2998, is also in Pukalani Square and has chicken, pork or beef tamales, either à la carte or as a meal, as well as traditional Mexican dishes. This little hole-in-the-wall is a favorite with locals. On Mondays, they have a delicious mole special. $

Pukalani Country Club Restaurant, ☎ 808-572-1325. Breakfast is served from 7:30 to 10:30 am on weekdays and 6:30 to 10:30 am on weekends and holidays. Lunch is from 10:30 am to 2 pm and dinner is served from 5 to 9 pm. At a 1,100-foot elevation on the slopes of Haleakala, overlooking the ocean and much of Maui, the restaurant serves breakfast, lunch and dinner. Breakfast includes Belgian waffles, French toast, egg dishes and Kalua pig with eggs, plus your choice of rice or poi. For lunch and dinner, hit the all-you-can-eat salad bar or try one of the plate lunches, featuring laulau or a Pulehu ribs and served with rice or poi, Kula onions and haupia. $

■ Kula

Kula is straddled by two highways (377 and 37) that merge at the southern end of the town. Highway 377 will take you to Kula Lodge and the entrance to Haleakala National Park, while 37 will take you to Lower Kula Road, where there is a gas station and a few restaurants. To cut between the two highways take Ke Street from Highway 37 and then turn left on Lower Kula Road. Take a right on Lower Kimo Drive, which twists and turns right up to Highway 377.

One of the few downsides to Kula is the lack of dining choices. There are only a couple of places to eat, meaning you will have to drive 30 minutes to Kahului for dinner.

Shopping

In Kula, there's a little mom and pop store called **Morihara Store** on Lower Kula Road across from Café 808 and down the street from Calasa's Gas. It's a convenient place to stop and pick up some of the basics –

water, milk, snacks, fruit and a newspaper – before you settle in Upcountry.

> **Author's Tip:** Check out the various roadside fruit/vegetable/flower stands that have popped up on almost every corner in Kula and the surrounding areas. The produce is fresh and you're helping out the local economy by purchasing from them. Some of the stands work on the honor system and have a box with a slot on top for you to deposit your payment.

Art Galleries

The Curtis Wilson Cost Gallery, ☎ 808-878-6544, www.costgallery.com, is downstairs in the Kula Lodge and this traditionalist artist is known for his beautiful Maui landscapes, especially Upcountry. An example is his Back Road to Makena, below. The gallery opened in 1984 and its unique location provides a great place to feature his stunning artwork.

Tagami & Powell Fine Art, 8195 Kula Highway between Mile Markers 15 and 16, ☎ 808-878-8031. Hiroshi Tagami and Michael Powell have been partners for years and they recently opened this gallery. They lived and worked in O`ahu and the Big Island before deciding to make Maui their homebase. Their island landscape paintings are displayed in private and public galleries around the world.

VISIT A WORKING GOAT CHEESE FARM

Like goat cheese? Try the "olé" style jalapeños, artichokes, lime juice and cilantro, the "Men's Challenge" with horseradish and "Maui's Secret" with pineapple. Never tried goat cheese? You should – it has 30% fewer calories and 45% less fat than regular cheese, according to **Surfing Goat Dairy** owners Thomas and Eva Kafsack. Watch the whole process, from the breeding grounds to pasteurization to a sampling, during either a 20-minute mini-tour or a 2½-hour hands-on grand tour (during which you can milk one of the goats) of this 42-acre farm on the leeward side of Haleakala. For the grand tour, bring a bottle of wine to enjoy with the extensive tasting the hosts offer. Surfing Goat Dairy cheeses are available for purchase at the farm (one of only two goat cheese farms in Hawaii). Choose between "quark" (which is German for goat cheese yogurt), with mango or Tahitian lime or traditional goat cheese made into feta or cream cheese. Or grab a jar of the "Broken Hearts," which were inadvertently created when the heart-shaped molds kept breaking. They became so popular they're now a regular item. They also make soap made out of goat cheese. Several of their cheeses won awards from the American Cheese Society in 2004. Surfing Goat

Dairy, 3651 Omaopio Road, ☎ 808-878-2870, www.surfinggoatdairy.com, info@surfinggoatdairy, is open from 10 am to 5 pm Monday through Saturday and 10 am to 2 pm on Sundays. To get there, take Omaopio Road off Highway 37 and go 3.65 miles (about 10 minutes) to the dairy. Grand tours are $12 per person with a four-person minimum and a 12-person maximum. Reservations are required. Call for more information on casual tours. If you can't make it to the dairy, you can find their products at the Kapalua Bay Hotel, the Ritz-Carlton Kapalua, Fairmont Kea Lani and the Grand Wailea Hotel & Spa. And – as they say at Surfing Goat Dairy – da' feta mo' bettah.

Author's Tip: Go to Rice Park near the southern intersection of Highways 37 and 377 for a picnic area with stunning views of the isthmus, the Kihei shoreline and Ma`alaea Harbor to the left and Kahului Harbor to the right. There is a small parking lot next to the park, which has picnic tables, restrooms and a payphone.

Sightseeing

Kula Botanical Gardens/ Enchanting Floral Gardens

While preparing to visit these two botanical gardens, I expected a Wizard of Oz array of colors. Neither garden provided this experience, though both were informational. The Enchanting Floral Gardens, 2505 Kula Highway, ☎ 808-878-2531, seems a little rundown, with a corny approach to teaching you about the different plants and flowers. The eight-acre property did have a simpler layout

and was easy to navigate. The Kula Botanical Gardens, 638 Kekaulike Avenue, ☎ 808-878-1715, is 23 acres, but has more hills and steps, making it difficult for the elderly. The grounds are more impressive, the gift shop is informational and there's a deck to sit on and take in the view of the West Maui Mountains and the South Maui coastline (the gardens are at a 3,300-foot elevation). Both gardens have loads of Hawaiian plants and flowers (plumeria, protea, hibiscus, birds of paradise), as well as those from other states and countries. Watch for bees and butterflies as you wander these two gardens. Both charge a $5 admission for adults and $1 for children.

FLOWER POWER

Proteas, originally from Australia, are one of the most unusual looking flowers around and they flourish Upcountry. You will pass many stands selling the pointy-tipped flowers. Several companies will ship them home to you, including **No Ka Oi Protea Farm**, PO Box 726, Kula, HI 96790, ☎ 808-878-3845, protea@mauigateway.com, or **Upcountry Harvest**, next to Kula Lodge, ☎ 800-575-6470 or 808-878-2824, www.upcountryharvest.com. They even sell proteas at Costco in Kahului.

**Author Pick: Ali`i Kula Lavender**, ☎ 808-878-3004, www.mauikulalavender.com, reservations@mauikulalavender.com, is much more than a lavender farm. Only three years old, this working farm is also an educational center, a visitor center and a gift shop. Owner Ali`i Chang offers luncheon tours and afternoon teas for visitors. Afterwards, head down a steep, narrow dirt trail to the Lavender Studio Gift Shop (open 9 am to 4 pm) to browse through lavender culinary products, bath and body product and aromatherapy goods. The views are worth the trek. I picked up the lavender travel candle and the sea salt exfoliate with lavender, kukui nut,

almonds and oils. I love both. They also have partnerships with several local companies, including the Surfing Goat Dairy, which makes Purple Rain, a lavender goat cheese, and with Big Island Candies, which produces lavender chocolate truffles. And the best part – a portion of the proceeds from truffle sales goes to the Maui Community College's culinary program. The Lavender Garden Tea Tour ($25) includes lunch and a garden and studio tour and is offered daily from 10 am to 12:30 pm. The Lavender Garden Culinary Tour ($50) is offered several times a month (see website for current dates) and includes tea and scones, a garden tour, a culinary demonstration and lunch. They also offer seasonal and wreath-making tours. Tours must be reserved in advance and make sure you wear comfortable walking shoes and bring a light jacket.

Holy Ghost Catholic Church

This unique octagonal church was built in 1894 by the Portuguese farming community in Kula. It is the only eight-sided structure built in Hawaii in the 19th century. Termites nearly destroyed the church but a renovation in 1992 in which infested wood beams were replaced with steel ones solved the problem.

Adventures in Air

Paragliding

Proflyght Paragliding, ☎ 808-874-5433, www.paraglidehawaii.com, is the only paragliding company in Maui. You can start by flying tandem and, if you enjoy your trip, learn to do it solo. Unlike some paragliding operations, you don't have to jump off a cliff. Instead, you run down a hill and take off like a bird. To get there, take the Lower Kula Road (Highway 37) until

you see Rice Park on the left. Take a left onto Haleakala Highway (Highway 377) and then the first right onto Waipoli Road. Keep going for two miles and follow the signs to Proflyte. It costs about $175 for a tandem flight from 6,500 feet above sea level. The flight lasts about 15 minutes with an hour of instructions beforehand.

Adventures on Foot

Hiking

Polipoli Springs State Recreation Area: Several trails depart from this park on the slopes of Haleakala near Kula. To get to the park, take the Lower Kula Road (Highway 37) until you see Rice Park on the left. Turn left onto Haleakala Highway (Highway 377) and then make the first right onto Waipoli Road. Drive for approximately eight miles. If there has been a lot of rain, the road may be impassable without a 4-wheel-drive. At the park there is a gravel parking area and a campsite with barbecues and a restroom. Hiking trails include a short .8-mile hike, a one-mile hike to the cave shelter, 1.5 mile trek to Plum Trail, the six-mile Haleakala Trail and a 4.8-mile loop trail. Dress warmly as it can get chilly up in these hills. You may also want to include some rain gear, just in case.

Where to Eat

Kula Lodge Garden Terrace, ☎ 808-878-1535, www.kulalodge.com. Breakfast is served from 6:30 to 11 am Monday through Saturday, lunch from 11:30 am to 3:30 pm Monday through Saturday, appetizers 3:30 to 5 pm daily and dinner daily from 4:45 to 8:30 pm. The only thing better than the entrées made with fresh, local ingredients is the million-dollar-view of the isthmus between West Maui and Central Maui, including Ma`alaea Harbor and Kahului Harbor. A visit to the lodge, at 3,200 feet, is like sitting on the edge

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

of the world looking down on mere mortals. The restaurant is enclosed, as the weather Upcountry gets chilly, but there is a sunset-viewing platform adjacent to the restaurant and on the lower grounds there is an outside courtyard area used for large parties of up to 100 guests. After the sun sets, the dining room is comfortable with intimate lighting. There is a small bar with a cocktail area. The service is very friendly and efficient and made me want to come back.

For breakfast, start with a side of Maui pineapple or organic papaya, or try the fruit salad with seasonal Kula berries, apple bananas and vanilla-honey yogurt. The lodge also offers a traditional eggs Benedict as well as a vegetarian version or an ono fish Benedict. Those with a sweet tooth will enjoy the bananas Foster pancakes with macadamia nuts or the Belgian waffles with tropical fruit.

At lunch the lodge offers starters, such as a salad made with Kula greens and pineapple vinaigrette or Kula onions, tomatoes and mozzarella cheese drizzled with a sweet balsamic syrup and extra virgin olive oil. Entrées include burgers, a French dip sandwich, sugar cane baby back ribs with Upcountry mango barbecue sauce or chicken stuffed with pancetta and sweet basil pesto.

The dinner menu includes fish entrées, pastas and steaks.

For those chilly nights in romantic Upcountry, try the Lodge Chalet Seducer, a powerful libation made with Elizer du Dr. Roux Liqueur (an exotic blend of herbs, plants and spices) mixed with Skyy vodka, coffee and topped with whipped cream and chocolate. Another favorite is a Maui tini with Captain Morgan's spiced rum and Kahlua, shaken and topped with a float of Myer's dark rum and shredded coconut. $$

Café 808, ☎ 808-878-6874. Breakfast served daily from 6 to 11 am, lunch and dinner from 11 am to 8 pm. Deemed "The Big Kahuna of Island Grinds," this is definitely a locals' spot. Across from Morinara Store on Lower Kula Road, it's easy to miss since the detachable sign isn't always hanging outside. The inside reminds me of a cafeteria and the menu is about as local as it gets. For breakfast, there are pancakes, waffles, egg dishes and something called "Green eggs and smoked salmon." Eggs Benedict is served only on weekends. For lunch

they have local favorites, such as chicken katsu, pan-fried mahimahi and teriyaki beef. They also have a Taro burger that's made on Maui. Your wallet will enjoy Café 808 – there's nothing more than $10. $

Kula Sandalwoods, ☎ 808-878-3523, is a block away and across the highway from Kula Lodge. It has a smaller menu and shorter hours. The menu and ambiance are simple and on a nice day, this is a great place to eat outside on the terrace. It has the same view as the lodge but with trees and power lines obstructing the view. They serve breakfast and lunch along with espresso, beer and wine. For breakfast try the focaccia sandwich with scrambled eggs and ham. The burgers and sandwiches at lunch are served with coleslaw.

La Provence, ☎ 808-878-1313. Open Wednesday through Sunday 8:30 am to 9 pm. Closed Monday and Tuesday. This little French delight is hidden up on Lower Kula Road but look for the sign from Highway 37. For breakfast, enjoy one of the homemade croissants or quiches with an espresso in the outside courtyard of this tiny restaurant. At lunch they offer truly French cuisine with sweet and savory crêpes made with such combinations as chicken and brie, salmon and pesto or vegetable and goat cheese. There are also salads and turkey or vegetable sandwiches served with a side salad. Appetizers at dinner include escargot and brie en croute. Entrées include traditional dishes, such as poisson (fish) du jour, rack of lamb, duck confit with orange sauce, as well as chicken, pork and veal shank dinners. No credit cards. Breakfast $; lunch $$; dinner $$$

Where to Stay

Kula Lodge, 15200 Haleakala Highway, ☎ 800-233-1535 or 808-878-1535, www.kulalodge.com. This is the only hotel-caliber accommodation in Kula and it is very well run. For such a casual place, the emphasis is on professionalism. From the time I called to reserve to the time I checked out, I was treated with a polished, professional attitude, something that is rare on Maui (or Hawaii for that matter).

The lodge sits at 3,200-foot elevation and has five charming chalets available. Skip the garden-view rooms (#5 has a "gar-

den"-view of the parking lot so it's worth it to spend the extra money on a vista or mountain chalet). The rooms have coffee makers but no television and are nicely decorated and furnished with a combination of Hawaiiana and Old Victorian. The bed was fluffy and cozy with extra blankets stored away in the closet for those cold Upcountry nights.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

You can rent out the whole lodge and the restaurant, taking advantage of the outside courtyard area that is reserved for just these occasions. There are several small, round outdoor-but-covered gazebo-type areas set up close to each other and overlooking Kula Lodge's gardens. I like it here because you're next to one of the best restaurants on the island and the view is not comparable to anything I've seen in Hawaii. Also, you're close to any of the Haleakala activities, such as the Pony Express ride into the crater or just the self-navigated trip to the crater. Garden-view $$; vista and mountain-view chalets $$$

Bed & Breakfasts & Inns

Kula-View Bed and Breakfast, PO Box 322, Kula HI 96790, ☎ 808-878-6736. Susan Kauai has been sharing her home with visitors for nearly 15 years and in that time she has mastered hospitality. The unit is upstairs with a private entrance and loaded with amenities to make your visit easy and complete. She has lots of information on Kula and Maui as well as a "Crater closet," with blankets and jackets to borrow for your trip to Haleakala. The unit is crisp and clean and has fresh flowers, a small fridge, a CD player/radio and a small kitchen/coffee area. A window by the bed has beautiful

views of the South Maui coast and from the front door and deck you can look up at Haleakala volcano. As for breakfast, Susan brings her homemade goodies up to your room (I had an early departure so she brought it up the night before while I was at dinner) and if you're headed to the crater for sunrise, she'll pack you a take-out meal with coffee (you'll need it!). Susan will give you directions to her place when you make a reservation but beware because the numbers on the road are not in sequence.

Upcountry Bed and Breakfast, 4925 Lower Kula Rd, ☎ 808-878-8083, www.upcountrybandb.com, upcountrybandb@aol.com. Opened in late 2003, this rectangular building was built and designed by owner Michael Sullivan. He was inspired by famed Maui architect C. W. Dickie, who is also responsible for the Hui No`eau Arts Center in Makawao. Each of the four guest rooms has a wonderful view of the isthmus, South Maui and the West Maui Mountains from their lanai and is equipped with a mini-fridge, coffee maker, TV/DVD, microwave and a romantic gas fireplace for those cold Upcountry nights. You can see the exquisite planning that Michael took in the four years he spent building this masterpiece. The artwork, kitchen and bathroom fixtures blend in perfectly, as does the palm print carpet and the whitewall architecture. Look on the website for specials, such as the seventh-night-free promotion. Michael has added special touches, such as cribbage boards, cards and unique tiles in the showers depicting the islands. Although this building is obviously a labor of love, Michael's heart really belongs to his golden lab "Gabby," who is shown frequently on the website and sparks a twinkle in his eye. Breakfast is served from 7 to 9 am and consists of a continental breakfast with locally grown papayas, mangos, bananas and passion fruit. Michael is more than happy to accommodate your diet needs – no fat low carb, vegetarian or high protein. No problem. $$

Vacation Rental

Malu Manu Upcountry Vacation Home and Log Cabin, 446 Cooke Rd (PO Box 175, Kula HI 96790), ☎ 808-878-6161 or 808-878-6111, www.mauisunrise.com. Up a steep, windy road is this treasure – a large vacation home for larger groups

and a romantic log cabin for singles or couples. Both have stunning hilltop views of Kihei, Kahului and Ma`alaea Bay. The vacation home sleeps six and has two bedrooms and 2½ bathrooms. There's a full kitchen and washer and dryer, with antique furnishings on eucalyptus floors. The log cabin has been around since the '30s and once upon a time it was a place for hunters to rest with their horses. Nowadays it's a romantic, peaceful, untraditionally Hawaiian getaway. It has a wood-burning stove, no TV, local phone, coffee maker, toaster. In the morning you'll hear birds running across the roof. $$$

Kula Lynn Farm Bed & Bath, ☎ 800-878-6176, captcoon@verizon.net. On the southern end of Kula, this bed and bath is on the bottom floor of Jim and Lynn Coon's spacious pole house with amazing-views overlooking the West Maui Mountains, the isthmus and the ocean. There's only one 1,600-square-foot unit and it is clean, spacious and pretty in pink – there's lots of plush pink carpet and tones of pink throughout the rest of the two-bedroom, two-bath home. The living room is spacious with a TV/VCR and shelves full of fun and informational books. The wall-to-wall windows are perfect for watching the fabulous Kula sunsets from inside, or take a seat on the large lanai for an even better view. The large, appealing kitchen has attractive marble floors and is fully equipped. There is a three-night minimum. $$

■ Makawao

You can get to Makawao two ways – either taking Baldwin Avenue up from Pa`ia or by taking Makawao Avenue from Pukalani. Baldwin Avenue has most of the quaint town's boutiques and galleries, while you'll find some restaurants, shops and galleries on Makawao Avenue.

Information

Makawao has it's own website which includes driving directions, facts and statistics, a business directory and classified ads. Check out www.MakawaotownCenter.com.

The **Fourth of July** in Makawao is one of Maui's premiere events. It starts with the Paniolo Parade and the main event is the Annual Makawao Rodeo, which had its 50th anniversary in 2005. This is a huge weekend and all roads in Makawao are closed, with no parking allowed. Shuttle service from the rodeo grounds to the main events are provided at no charge. For more information, ☎ 808-572-9565.

Shopping

Makawao is a great shopping town with unique boutiques and galleries, a variety of restaurants and just-for-fun browsing opportunities. Park in front of one of the shops on Baldwin Avenue if you can find a spot or head to the parking lot next to the library on Makawao Avenue.

The closest thing to a supermarket in Makawao is the **Rodeo General Store**, 3661 Baldwin Avenue, ☎ 808-572-1868. Open daily from 7 am to 10 pm. They have a surprisingly diverse selection of local produce, smoked fish and meat, organic and free-range chicken, Maui Cattle Co. steaks and beef and locally-baked goods from the Home Maid Bakery in Wailuku. The deli has fresh fish, and premade salads. They also have a deli with locally baked goods from the Home Maid Bakery in Wailuku and a whole room dedicated to wine.

The Makawao **farmer's market** is held every Saturday from dawn until noon in the parking lot of the Memorial Center. Vendors selling guava catsup, homemade curry and freshly baked bread are available, as well as protea, an exotic-looking flower only found Upcountry

Baldwin Avenue

Take a left from Makawao Avenue onto Baldwin Avenue and you will be smack dab in the middle of Makawao's shopping district (small as it is!).

Right in a row are **Holiday & Co**, ☎ 808-572-1470, **Collections**, ☎ 808-572-0781, **The Mercantile**, ☎ 808-572-1407, **Pink by Nature**, ☎ 808-572-9576, and, across the street, **Altitude**, ☎ 808-573-4733, and **Designing Wahine**, ☎ 808-573-0990. This eclectic collection of boutiques has an abundant selection of mostly women's clothing, jewelry, shoes, purses, gifts and children's wear.

In "The Courtyard" is **Maui Hands** (a collaboration of island artists showcasing paintings, prints, ceramics, jewelry, sculpture and photography) and **Viewpoints Gallery**.

Tropo, 3643 Baldwin Avenue, ☎ 808-573-0356, is an upscale boutique for men with quality men's wear and styling products, such as shaving kits and skin care lotions.

Hurricane, 3639 Baldwin Avenue, ☎ 808-572-5076, is owned by the owners of Tropo and they bring the same upper-class, unique boutique feel to this shop. Besides fashionable resort wear by designers, such as Tommy Bahama and Sigrid Olsen, they also have local artwork, only-in-Maui gifts and creative home furnishings.

Mauiriders Clothing Co., 3619 Baldwin Avenue, ☎ 808-573-2320, has surfwear, bikinis and trendy accessories.

Hot Island Glass Studio & Gallery, ☎ 808-572-4527, www.hotislandglass.com, 3620 Baldwin Avenue, is Maui's only hand-blown glass studio. You can watch artists Chris Richards and Chris Lowry create original pieces like the one at left using age-old techniques from 10:30 am to 4:30 pm Tuesday through Sunday. The gallery is open from 9 am to 5 pm daily.

The **Gecko Trading Co**. has a beautiful but small selection of boutique clothing plus tropical and exotic lotions. The **Hurricane Limited** boutique has great

gifts as well as contemporary women's clothing from designers like Sigrid Olsen. They also have nice gifts with a touch of aloha.

Just For Kids: Visit the **Maui Child Toys & Books** store on Baldwin Avenue for a huge selection of unique island activities and gifts.

Art Galleries

Randy Jay Braun Gallery, 1156 Makawao Avenue, ☎ 800-967-4852 or 808-573-1176, www.randyjaybraun.com. Randy Jay Braun has a unique collection of Hawaiian photographs focusing on hula poses by men, women and children. He has a new "paniolo" line of photographs with authentic Hawaiian cowboys. The gallery also contains other local artwork.

Viewpoints Gallery, in The Courtyard, 3620 Baldwin Avenue, ☎ 808-572-5979, www.viewpointsmaui.com, has a diverse selection of artwork and feature sculptures, watercolors and abstract art. They also have rotating exhibits promoting various artists.

Julie Galeeva Fine Art, 3682 Baldwin Avenue, ☎ 808-573-4772, www.juliegaleeva.com. This Russian-born artist has a perfect site for her work – right at the corner of Baldwin Avenue and Makawao Avenue. This gallery is worth a look. Julie creates wonderful landscapes as well as abstracts and mystical realities. She has another gallery in Lahaina at 815 Front Street.

Sightseeing

**Hui No`eau Visual Arts Center**, 2841 Baldwin Avenue, ☎ 808-572-6560, www.huinoeau.com. This is about a mile north of Makawao on Baldwin Avenue going towards Pa`ia. You'll see a sign on the right. This stunning two-story Mediterranean-style plantation home called "Kaluanui" was built in 1917 by Ethel and Harry Baldwin and is a piece of work in itself. Ethel Baldwin was an artist and instigated the formation of the Hui No`eau Arts Society (with Hui meaning "club" and no`eau meaning "skilled or artistic") in 1934. It has since been transformed into a visual arts center that offers various on-going classes in ceramics, mold making, print making, photography, jewelry making, painting and woodwork. A tour of the grounds is worth the visit as you'll see how Ethel Baldwin was inspired. You can take a self-guided tour of the grounds and visit the various studios, a gallery and the gift shop. Hui No`eau Visual Arts Center is open daily from 10 am to 4 pm. Better hurry. As of publication date, news had just broken that the Maui Land & Pineapple Co, who owns the property, has sold it to buyers from the Mainland. Whether the Visual Arts Center will be forced to move is an open question.

Adventures on Horseback

Piiholo Ranch, ☎ 866-572-5544 or 808-357-5544, www.piiholo.com, info@piiholo.com. Peter and Kathy Baldwin and their family have been riding horses at Piiholo Ranch for five generations and are ready to share their land with visitors. The Baldwins are famous in Maui,

not just because they own a huge portion of the island but because of their preservation and conservation efforts. About three years ago they decided to initiate tours along an 800-acre portion of the property that is being used as a working cattle ranch. As you sit upon your horse on the top of a hill looking down on stunning views of West Maui, the isthmus and Upcountry, it's hard to believe that you're in Maui. A horseback ride at Piiholo Ranch is the only way to get this view. In fact, part of the beauty of the ride is that you won't see another soul during your trek. Along the way you'll pass several varieties of eucalyptus trees along with lots of strawberry-guava trees. We even saw a family of axis deer sitting next to a wild pig. They all scattered when they saw us and the pig went into hiding followed by at least 10 little piglets. You can tell that the Baldwins take care of their horses. I rode on "Gimme five," who was mellow but tended to test me. Along the ride you will see efforts made by the Baldwins to preserve what is unique to Hawaii, including a conservation effort to breed Hawaii's endangered state bird, the nene. They are also working on a koa reforestation project in which seeds of the rare tree will be replanted on the property. Choose from a 3½-hour morning ride, which includes a picnic lunch with barbecue chicken and ribs, or a two-hour afternoon ride with refreshments.

Where to Eat

Down to Earth Health Foods, ☎ 808-572-1488, has a branch in Makawao. They have an impressive hot and cold salad bar for $6.75 a pound. $

Casanova, 1188 Makawao Avenue, ☎ 808-572-0220. Breakfast and lunch served in the deli from 7:30 am to 6 pm. Dinner served nightly from 5:30 to 9:15 pm. First opened by Italian owner Steven Burgelin as a deli in 1986, the larger restaurant section opened its doors in 1989. It has been a landmark ever since. The food and ambiance in the restaurant are only upstaged by its reputation as one of Maui's premier nightlife hot spots. Live bands play on Friday and Saturday nights and Wednesday is the island-renowned Ladies Night. The deli side of the restaurant is open for breakfast and lunch; you can sit outside on the porch here for some serious people watching

while the more Italian-looking dining room is only used at dinner. Breakfast is a good deal, with the most expensive omelet costing $6. Choose from traditional omelets or specialties, such as brie and sundried tomato, smoked mozzarella and basil or smoked salmon, sour cream and green onions. They also have assorted pastries and baked goods, such as lilikoi poppyseed cake, almond orange Danish, malted Belgian waffle and cinnamon-raisin French toast. The dinner menu is huge and very authentic Italian. For pupus, try cioppino with shellfish and fresh Maui fish, calamari fritta or carpacccio di pesci, which is like sashimi and is served with raw ono, kula onions, capers and a basil lemon infusion. The kiawe wood-fired pizzas are mouth-watering, as are pastas, such as gnocchi strozzapreti, served with fresh tomato sauce and a creamy gorgonzola sauce, or homemade ravioli di magro al tartufo with spinach and ricotta-stuffed pasta pillows in a fresh sage cream sauce and scented with white truffle oil. Breakfast $; lunch $; dinner $$

Polli's Mexican Restaurant, ☎ 808-572-7808. Mexico meets Surf City. On the busiest corner in Makawao, Polli's is a comfortable Mexican restaurant with a huge selection of south-of-the-border food (and more!) using homemade sauces. They cater to vegetarians by offering to prepare any of the menu items with tofu or their own special vegetarian taco mix. For appetizers, try homemade guacamole from Maui avocados, or "Makawowie" nachos with cheese, guacamole, sour cream for $7.95. Add spicy chicken, pork, beer or veggie taco mix for only $1.50. They also have salads, tacos, tostadas, burritos and fajitas. Dinner entrées include a seafood enchilada, Mexican chicken breast or fish dish, baby back ribs or Uncle Joe's steak dinner. Monday is "Barbecue Nite" with specials on barbecue chicken, ribs and steak dinners. The portions are grand, the service pleasant and the interior, well, it's your typical Mexican restaurant. Inside, there are two TVs in the middle of the restaurant showing surfing videos and a small bar that looks like it came straight from Tijuana. Lunch $; dinner $$

Don't Miss: Skip Krispy Kreme. The legendary **Komodo Store and Bakery**, 3674 Baldwin Avenue, ☎ 808-572-7261, has been making homemade pastries since 1916. They are best known for their world-renowned cream puffs, but the macadamia nut cookies, long johns (filled doughnuts) and azuki pie often help this place sell out of goods way before closing time.

Makawao Garden Café (formerly Café O'Lei), in the Paniolo on Baldwin Avenue, ☎ 808-573-9065. This tiny café is a definite find – quiet and quaint with delicious food made from the freshest ingredients. The menu is made up of soup, sandwiches (all served with Caesar salad) and big salads. The curried chicken salad is a winner, but also try the taro salad with crisp Moloka`i sweet potatoes or the grilled mahimahi salad with basil vinaigrette. If you like fish, try the grilled mahimahi sandwich on focaccia with wasabi mayonnaise or a baby brie and smoked bacon sandwich with fresh herb aioli. No credit cards. $

Café del Sol, ☎ 808-572-4877. Open for breakfast 7 to 10:45 am, lunch 11 am to 4 pm, Monday through Saturday. This health-conscious restaurant has the right idea with the menu; they just need to work on service – I couldn't tell if it was self-service or table service. The restaurant is decorated with beautiful Maui-landscape artwork by Hiroshi Tagami and Michael Powell, who have a gallery together in Kula. The menu is well considered, with veggie muffins, bagels and several variations of eggs Benedict for breakfast. The lunch menu has veggie sandwiches, vegetarian and Caesar salads and a "blue plate" special made with fresh fish. The tuna melt with brie on top of a baguette is delicious and healthfully served with local greens, tomatoes and curled veggies. For beverages, Café del Sol offers bottled water, coffee, cappuccinos and fresh-squeezed juice from the Maui Juice Company. $

Makawao Steak House, ☎ 808-572-8711. Open nightly from 5:30 to 9 pm. Sunday brunch from 10 am to 2 pm. This old standby has delicious prime rib, as well as satisfying

chicken, fish and pork dishes. There's a small all-you-can-eat salad bar and the interior is comfortable and homey. $$

Stopwatch Bar & Grill, 1127 Makawao Avenue, ☎ 808-572-1380. Open from 11 am to 9 pm Monday through Thursday, 11 am to 10 pm Friday through Saturday, 11 am to 8 pm Sunday. A popular local spot for about 10 years, the Stopwatch has basic sports bar pupus, such as buffalo wings, jalapeño peppers, calamari rings and clam strips with spicy cocktail sauce. They also serve soup, salads, sandwiches and burgers. Entrées include grilled mahimahi, Thai chicken or veggie stir fry and jumbo fried shrimp. Drinks are nicely priced and they offer three beers from the Kona Brewing Company on the Big Island – Fire Rock Pale Ale, Longboard Lager and Kona Lava Man. Mondays and Tuesdays are "Burger Nights," where the second burger ordered is half off, and Friday and Saturday are "Steak & Shrimp Night," with special prices. Happy Hour with discounted drinks is from 4 to 7 pm and there's dancing from 9 pm to 1 am Fridays and Saturdays. $

Kitada's Kau Kau Korner, 3617 Baldwin Avenue. Famous for its saimin, this local-style eatery has been owned by the same family for over 50 years. Lunch includes hamburger steak and teriyaki meat entrées. Open daily until 1:30 and heed the sign inside – "No bacon after 11 am."

Where to Stay

Bed & Breakfast

Hale Ho`okipa Inn, Pakani Place, ☎ 808-572-6698, http://maui-bed-and-breakfast.com, mauibnb@maui.net. Filled with antiques, historic memorabilia and loads of information about Maui, this cute bed-and-breakfast was built in 1924 and used as a family home until owner/antique dealer Cherie Attix bought and restored it about 10 years ago. The building is listed on the National Historic Register and in 2003 was the site of a family reunion of the original owner's family and brought 27 grandchildren back to Maui. The incident was written about in the local paper and the article is framed and displayed with pride in the kitchen, along with several antique knick-knacks,

glasses and other antiques. With painted wood floors and filled with rugs, each room at Hale Ho`okipa (which means "house of hospitality") has an individual charm and name (i.e., Hibiscus Room, Rose Room and Jasmine Room). This bed and breakfast has three rooms, plus the "Kona Suite," a family-friendly wing of the house, which has a master bedroom and then a sitting room with two futon sofa beds. I stayed in the cozy Jasmine room which even had a copy of the popular coffee table mini-book, "The Art of Doing Nothing." Take advantage of the huge selection of historical books and other information on Maui that Cherie has accumulated in the living area. Breakfast is served at 8:15 am and includes a hearty and healthy selection of toast, fruit juices and cereal. Cherie, who has lived in Hawaii for nearly 30 years, is very accommodating and ready to offer any suggestions on what to do in Maui. She is also a booking agent for the theatrical show "`Ulalena." $$

Vacation Rentals

Banyan Tree, 3265 Baldwin Avenue, ☎ 808-572-9021, www.hawaii-mauirentals.com, is a combination of a plantation home and cottages for rent on two acres in Makawao, sitting among banyan and monkeypod trees. The three-bedroom, three-bath main house with an enclosed patio sits next to the four cottages which all have a private bath, telephones and coffee maker. All guests share use of the swimming pool, Jacuzzi, laundry facilities and, for fun and relaxation, tree swings and hammocks. Main house $$$$; cottages $$

■ Haiku

This middle-of-nowhere town has a lot going for it – fantastic restaurants, an impressive grocery store, interesting shops and a huge yoga studio. You can get to from the Hana Highway if you turn *mauka* (mountainside) onto Haiku Road or if you're in Makawao continue southeast on Highway 365 and turn left on Kokomo Road.

Shopping

In Haiku, the main shopping center is the **Haiku Marketplace** inside an old cannery. For groceries, check out the **Haiku Grocery Store**, one of the cleanest stores I have ever been in. It doesn't have the greatest selection but it has what you need and it's organized and well-stocked with basics as well as Upcountry-only goods. Pick up some Kula onions or Kamuela tomatoes from the Big Island or freshly made tortillas from Artie's Mexican Café in Kahului. If you like the popular rooster-label hot chili garlic sauce, try the Maui Heat Wave all-natural chili garlic sauce found in the refrigerator section.

Across the street is the **Fukushima Store**, ☎ 808-575-2762, which has groceries as well as takeout local foods, such as sushi, chili and rice, sashimi and poke.

The smaller **Ohashi General Store**, ☎ 808-575-2141, in the Pauwela area up West Kuiaha Road, has a wild assortment of goods but the main reason you might go there is for the ice, plate lunches and shave ice. They're closed Wednesdays and Sundays.

Way Upcountry and just where you didn't expect to see a store is Hanzawa Store at 1833 Kaupakalua Road, ☎ 808-572-8337 where they sell hot dogs, hamburgers, sushi and other snacks.

TAKE A BREAK

Spa Luna, 810 Ha`iku Road, St 209, ☎ 808-575-2440, www.spaluna.com, in the Ha`iku Marketplace is a great place to get a massage. It's a little loud as it's on the street and in the middle of old cannery building but it's also a

school so, at certain times of the year when school's in session, you can get a treatment from an eager student. If that doesn't work out, it's still a recommended place to get a massage, a facial, body wrap, manicure and pedicure. They also have packages that combine all of the above-mentioned treatments.

Where to Eat

In the Ha`iku Marketplace

Colleen's at the Cannery, ☎ 808-575-9211. Breakfast is served 6 am to 11 am Monday through Friday and 6 am to 11:45 am Saturday and Sunday. Lunch is from 11 am to 3:30 pm, Happy Hour is 3:30 to 5:30 pm, dinner from 5:30 to closing. This casual diner is a required stop for anyone who's hungry and anywhere near Ha`iku. in the old cannery building, Colleen's has high ceilings, comfortable booths and raised tables with tall stools. Owner Colleen Nicholas has created a menu enhanced by her added touches,, such as shredded purple cabbage on burgers for a sweet addition. This is what makes Colleen's special.

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

The breakfast menu has traditional favorites, such as omelets and eggs Benedict as well as specialties, such as an organic tofu vegetable wrap or egg-stuffed croissant sandwiches. For lunch, choose from several salads, baguette sandwiches (served with a fresh-baked chocolate chip cookie), wraps and burgers made with hormone-free Upcountry beef from the Maui Cattle Co. The burgers are served à la carte but, for a dollar more, you can get fries and, for two more dollars, a pint of Kona Lava Man Red or Red Hook IPA beer. Dinner consists of entrées made with fresh Maui ingredients, such as a Kula spinach salad, a blackened ono burger and an Upcountry beef burger with muenster cheese. They also have pasta, such as vodka penne pasta with chicken and pancetta bacon or ahi

fettuccine with pesto and a side spinach salad with mango vinaigrette. Pizza is served from 4 pm until closing and on Monday and Tuesday the pies are half price. The dessert case next to the counter is in a league of its own. Try the fresh mango lilikoi ice cream or Mexican chocolate ice cream or any of the homemade goodies artfully displayed in the case. Breakfast $; lunch $; dinner $$

Hana Hao, ☎ 808-575-2661. This small, reasonably priced eatery has a burger/plate lunch/Hawaiian food counter on the left and the Go Fish sushi bar on the right with an open-air courtyard in the middle. For Hawaiian cuisine, try laulau, kalua pork and cabbage, chicken long rice, squid luau and lomi lomi salmon. Choose one for $7.95, two for $10.95, three for $13.95, or try the Hana Hou plate with all five for $17.95. $$

Kimura Saimin, ☎ 808-575-5228. Very cheap, small eatery with really good saimin (small, medium or large). Entrées served with barbecue stick or roast pork. Open Tuesday through Saturday 7 am to 2 pm. $

Island Taco (in the parking lot of the shopping center) has delicious and satisfying kiawe-smoked chicken, fish, pork or veggie tacos for $3 a piece. The service isn't that friendly and the ambience almost non-existent but you can't beat the tacos. Served in a soft shell, the tacos come with cheddar cheese, onions, cabbage, black beans, salsa and jalapeños. Grab a soda or water for $1 and take a seat at one of the picnic tables to enjoy your meal. $

Veg Out, in Ha`iku Town Center next to the post office, 810 Kokomo Road, ☎ 808-575-5320. Open from 10:30 am to 7:30 pm Monday through Friday and 11:30 am to 6 pm on Saturdays. Closed Sundays. Open since January 2000, Veg Out serves vegetarian and vegan dishes in generous portions. The menu is diverse and the food is healthy – instead of fries or chips, entrées are served with edamame. For starters, try hummus with spelt flatbread or breaded tofu chunks. Entrées include salads, sandwiches, wraps and Mexican dishes. They also have pizza with a favorite being the pesto-goat cheese pie with artichoke hearts and sun-dried tomatoes. Middle Eastern cuisine is also featured with a homemade falafel and hummus dish with spelt flatbread and vegetable curry with tofu and brown rice. $

Vasi's, in the Ha`iku Town Center, ☎ 808-575-9588. Open from 7 am to 8 pm Monday through Saturday The menu is big and the space is small. It's hard to imagine so many different dishes coming out of this easy-to-miss eatery. Breakfast is affordable (nothing is over $8) and includes Belgian waffles, a breakfast quiche and breakfast burrito. For lunch, Vasi's has several basic sandwiches as well as surprised-to-see-them-here items, such as crab boboli, spanikopita and vegetable torte, plus a nice selection of salads. The dinner menu expands to include baby back ribs, herb-roasted chicken and a blackened ahi plate. Lunch and dinner $

Pauwela Café, 375 West Kuiaha Road (in the Pauwela Cannery Center), ☎ 808-575-9242. Serving breakfast and lunch (for the most part simultaneously) from 7 am to 2:30 pm Monday through Friday and 8 am to 2 pm Sunday, dinner from 5 to 8:30 pm Tuesday through Friday. Closed Saturdays. Off the beaten path in Ha`iku, Pauwela Café is a small, casual diner with a huge local reputation for good food and a friendly ambience. There are only a few tables inside and even fewer outside, but the food is worth the wait. For breakfast, try fresh-baked pastries, a breakfast burrito with Bechamel sauce or Pain Perdu, which is French bread baked in an orange vanilla custard. The veggie frittata with zucchini, mushrooms and tomatoes is huge, even before you add the toast and potatoes. For lunch, choose between the Pauwela, Greek, Cobb or Caesar salads or a sandwich or burger served with a side of greens or macaroni salad. The tuna salad sandwich is yummy, with capers, olives, roasted peppers and herbs on French bread plus mayo and a balsamic drizzle. There's also a taro or beef Pauwela burger. For dinner, try the mahimahi plate with Cajun mahimahi in a lemon caper beurre blanc sauce and served with rice pilaf. $

Where to Stay

Bed & Breakfasts/Inn

Bamboo Mountain Sanctuary, 1111 Kaupakalua Road, ☎ 808-572-4897, www.maui.net/~bamboomt/ bamboomt@maui.net. Once a Japanese plantation house, the 62-acre property was converted to a Zen monastery

over 25 years ago. This is an inexpensive alternative to hotels and resorts, with single and double rooms as well a two-bedroom unit. There's a communal vegetarian kitchen and a meditation room. This spiritual spot is also a haven for the clothing-optional crowd so don't be surprised to see a bit of nudity. Single and double rooms $; two-bedroom unit $$$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Vacation Rental

Ha`iku Makai, ☎ 808-264-3803, ludwig@maui.net. Tracey and Max Ludwig have a small duplex of cottages next to their house around Mile Marker 16 and just down the road from Twin Falls at the beginning of The Road to Hana. Each one-room fairly new unit is spacious and has a small enclosed lanai with a table and chairs. There's a barbecue, telephone and laundry facilities along with a fully equipped kitchen and a futon. Fresh fruit, such as juicy oranges from their property are waiting for you when you check in. The building has high ceilings, tile floors and a beautiful view overlooking pineapple fields and the ocean. This is a very quiet and peaceful spot off the main highway. Watch out for Buttercup, the ferocious (sounding) golden lab who lives in and protects the main house. Each side of the duplex is $70/night. This is a great value for what you get. Ask about discounts for stays of more than seven nights. $

■ Hali`imaile

This tiny town (if you can call it that) is on Hali`imaile Road and connects Haleakala Highway with Baldwin Avenue. Hali`imaile is an old pineapple plantation town and its main attraction these days is the Hali`imaile General Store Restaurant.

Where to Eat

**Hali`imaile General Store**, 900 Hali`imaile Road, ☎ 808-572-2666, www.haliimailegeneralstore.com, is one of the most renowned culinary spots on Maui.

Bev is one of the innovators behind the Hawaii Regional Cuisine trend that is bringing fresh island fish, fruits, vegetables and sauces into mainstream kitchens. She is a leader in the field and you will recognize her culinary aptitude when you visit this restaurant or its sister eatery, Joe's in Wailea.

Bev comes from surprising beginnings as she was first the road manager for Liza Minelli, Joey Heatherton and Ben Vereen. Out of the blue and out of a love for Maui, she decided to open a restaurant in 1988. She decided on the old Hali`imaile General Store, which was once a local shop for the huge population of pineapple plantation workers who lived nearby. The Hali`imaile General Store building was built in 1932 and, with Bev's help and insight, its history and feel has been preserved at the restaurant. The inside of the restaurant is low-key but accessorized with special touches, such as flowers by Huelo-based Masako and a friendly bar with a zinc and copper bar top designed by local metal artist Tom Faught.

Bev's use of not-so-ordinary objects for not-so-ordinary dishes has made her into a culinary legend. She has been recognized for finding a piece of dishware and creating a menu item to match it. One example is serving appetizers in a martini glass. She has a knack for turning basic dishes into culinary extravaganzas and artistic masterpieces,, such as serving a rock shrimp tempura appetizer inside a Chinese takeout container surrounded by actual popcorn and three delicious and different sauces. Another dish that you will never see anywhere else is the sashimi pizza with edamame hummus. The Hali`imaile General Store is open 11 am to 2:30 pm Monday through Friday for lunch and from 5:30 to 9:30 pm nightly for dinner.

COOKING CLASS

Chef Bev Gannon, one of the creators of Hawaiian Regional Cuisine and the author of *The Hali`imaile General Store Cookbook*, offers one-night cooking classes or a five-night culinary journey amongst the pineapple and sugar cane fields at her beloved Sugar House in Hali`imaile. The evening classes are

held from 6 to 9 pm and potential chefs will participate in the preparation of a three-course dinner with wine pairing. The culinary journey is an intimate gathering where Bev, who has been a chef on Maui for 20 years and is also the executive chef of Hawaiian Airlines, shares her secrets while conducting cooking classes, farm tours and field trips. Highlights of the class include a trip to Tedeschi Winery and preparing an authentic luau in the backyard of the Sugar House. The one-night class is $75, while the extensive program is $2,500 and includes in-house meals and shuttle service to class field trips. Participants are on their own for airfare, accommodation and transportation to the Sugar House. See www.bevgannonrestaurants.com or e-mail dole900@aol.com. Or, for reservations, ☎ 808-281-7953. If you're a cooking enthusiast, this is a once-in-a-lifetime opportunity. Check out the website (click on Celebrations Catering, then Cooking School) to see the week's itinerary – it's a cook's dream.

Where to Stay

Peace of Maui, 1290 Hali`imaile Road, ☎ 888-475-5045 or 808-572-5045, www.peaceofmaui.com. Centrally located in Hali`imaile, it has a guest cottage for rent as well as a large six-bedroom lodge where the rooms are rented out individually. It's affordable and clean. The cottage sleeps six and has a fully equipped kitchen, a gas grill and a large deck. The lodge has free high-speed Internet use, a Jacuzzi and a shared kitchen. Cottage $$; room in lodge $

■ `Ulupalakua Ranch

The 20,000-acre ranch is on the southern end of Haleakala and the only way to get to the area is by driving on Kula Highway past Keokea along a winding road with breathtaking views.

There's an inaccessible road from Kula Highway by Tedeschi Winery that goes down to the southern coast of the island and

Makena. If the road were open it would take less than 10 minutes to drive. Due to some legal wrangling, though, the road is closed and now you have to drive back to Kahului and then down the southern coast past Kihei and Wailea – an hour trip.

Information

The area's biggest event is the "Ulupalakua Thing," held at Ulupalakua Ranch at the end of April. The festival used to be a small farming exhibition but has now turned into an island-wide culinary showcase with over 100 booths, a Chef's Challenge, Hawaiian entertainment and Native Hawaiian plant competitions. For more information visit www.ulupalakuathing.com, or ☎ 808-878-1266.

Sightseeing

Keokea

Once you leave Kula, heading toward Tedeschi Winery, you'll pass **Ching Store** and **Fong Store**, both classic old markets. The Ching Store has a gas station. Meander your way through the store to pay for the gas and get a view of the owner's cluttered filing system.

> **Coffee Stop:** On your way to the winery, stop in the tiny town of Keokea for locally grown coffee and treats at **Grandma's Coffee House**, ☎ 808-878-2140.

As you drive along the curvy road you'll pass miles of fields where the road signs are covered with vines. On the ocean side of the road, the view offers enchanting views of Wailea, Makena and Molokini.

> **Picnic Spot:** On your way to the winery, stop by the **Sun Yat Sen Park**, about half a mile past mile marker 18. The park was built in 1989, in part to recognize the role Hawaii's Chinese population played in establishing modern China. Situated about 2,400 feet above the South Maui coast, it has great views of Kaho`olawe and Molokini.

Tedeschi Winery, ☎ 808-878-6058, www.mauiwine.com, is on the left-hand side across from the Ulupalakua Ranch Store. At 2,000 feet above sea level, Tedeschi is Maui's only commercial winery and one of only three in the state of Hawaii. Surrounded by century-old trees within a comfortable lawn area, the winery is a great place to have a picnic. But don't forget about the wine – the tasting room is in the same building originally built in 1874 for the visit of King Kalakaua and Queen Kapi`olani. The winery recently celebrated its 30th anniversary and in celebration they presented a new label for their top-selling product, a pineapple wine called Maui Blanc. The new label has scenic Upcountry artwork created by local artist Betty Hay Freeland. Other products include Maui Blush, Ulupalakua Red, Plantation Red, sparkling Maui Brut and Rose Ranch Cuvee, Maui Splash, Maui Blanc and Hula O Maui sparkling wine. The tasting room's highlight is an 18-foot bar cut from the trunk of a single mango tree. The winery's giftshop has an impressive selection of wine accessories, gadgets and books. The tasting room is open daily from 9 am to 5 pm, with free guided tours at 10:30 am and 1:30 pm.

HIDDEN TREASURE

Sherrie's Studio in Keokea is hard to find (look for the funny sculptures on the lawn and the "broken truck garden") but a certifiable goldmine when you do locate it right after and behind Grandma's Coffee House. For a preview, check out www.studio22k.com, or write to artist Sherri Weiner herself at sherri@studio22k.com. All of the gorgeous 22 karat jewelry is handmade by Sherrie herself. She's got rings (wedding and engagement, too), necklaces, bracelets and earrings. Pick out a one-of-a-kind reminder of your trip to Upcountry Maui.

Adventures on Land

ATV Tours

Maui ATV Tours, ☎ 808-878-2889, has ATVs as well as two-seated "Dirt Demons," which resemble high-capacity dune buggies. Maui ATV Tours is next to Tedeschi Winery and the two- and four-hour tours cross 200 miles of trails on over 18,000 acres of private Upcountry land. One of the highlights, when the weather cooperates, is a trip to "Lava Cave," formed thousands of years ago by an ancient lava flow. All ATV drivers for both companies must be at least 16 years old.

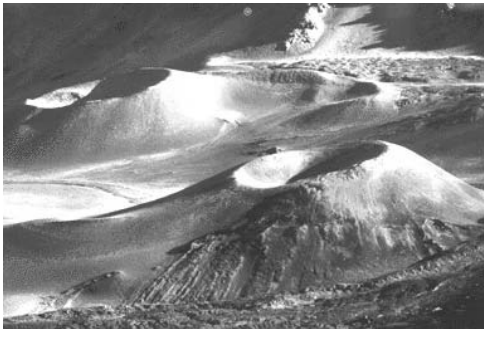
Where to Eat

Ulupalakua Ranch Store across from Tedeschi Winery, ☎ 808-878-2561 While you're in the area, stop at this circa-1849 store for a snack, beverage or just to browse. They have a small deli where you can pick up a sandwich to go or order a grilled sandwich with meat from the ranch, even an elk burger. $$

■ Haleakala

Orientation

Haleakala National Park is a massive land mass taking up over 27,000 acres, some of which is inaccessible and the rest divided into two sections – the Summit area and the



Kipahulu area. The drive to the 10,023-foot summit is an ultra-popular activity mostly done at sunrise but just as amazing at sunset. From there, you can see the summit depression – 21 miles across and 4,000 feet deep, large enough to hold the island of Manhattan. There are two visitor centers along the way to the summit of the nation's largest dormant volcano – the Haleakala Visitor Center at the 9,740-foot elevation mark, which is open from sunrise to 3 pm, and the lower Headquarters Visitor Center at the 7,000-foot elevation mark, open from 8 am to 4 pm.

> **Did You Know?** Haleakala translates to "House of the Sun" and its summit holds a special place in Hawaiian history. This is the spot where demigod Maui is said to have lassoed the sun in an attempt to make the days longer.

The roads and restrooms in the park are open 24 hours a day and the Haleakala National Park Headquarters at the entrance to the park is open daily from 7:30 am to 4 pm. The Haleakala Visitor Center is open daily from sunrise to 3 pm.

Haleakala National Park

The park stretches from Haleakala Crater down to the coast, an area called Kipahulu. For more information on Kipahulu, see the *Road to Hana* chapter.

Park Information

Haleakala National Park
PO Box 369
Makawao, HI 96768
Haleakala National Park Headquarters, ☎ 808-572-9306
For weather, ☎ 808-877-5111
Crater information, ☎ 808-572-4400
www.nps.gov/hale

Camping at Haleakala

● Hiking In

If you hike in, you can stay in one of the three very popular cabins or get closer to the wilderness at one of two primitive campsites. All need permits, available at the park visitor center, which are free and available on

a first-come, first-serve basis. They are granted for a maximum of three days, including a maximum of two days at any one site.

The cabins are at **Kapalaoa** (5.6 miles from trailhead), **Holua** (7.5 miles from trailhead) and **Paliku** (9.2 miles from trailhead) campsites and available on a lottery basis. Lottery forms (or, alternatively, prepare a written request specifying dates and cabin desired) must be submitted at least two months prior to the first day of the month you want to visit. The cabins are cozy and each has a wood-burning stove, propane cooking stove (and propane), basic cooking utensils and dishes, a table and chairs, 12 padded bunks, pit toilets and firewood. There is no electricity. Bring your own bedding, keeping in mind that it can get really cold! The cabin-use fee is $75 per night for up to 12 people.

The Kapalaoa cabin is at 7,250 feet elevation and lies at the base of the cliffs on the south side of the valley. From Kapalaoa, you can see brightly colored cinder cones, sub-alpine plants and views of dramatic cliffs. At 6,940-feet elevation and in the shrubland near Ko`olau Gap, the Holua cabin is close to several hikes into the Wilderness Area. The cool-weathered Paliku Cabin, at 6,380 feet, is at the east end of the wilderness valley at the base of a rainforest cliff.

> **Money Saver:** Last-minute rates are available for cabins when a party has cancelled. When these cabins become available, they cost $60 for up to 12 people and must be reserved less than three weeks ahead. ☎ 808-572-4459 between 1 and 3 pm Hawaiian Standard Time to find out about any last-minute availabilities. These reservations must be secured by a credit card.

The two primitive campsites are at Holua and Paliku and are only for the serious campers – you must be prepared for cold, wet weather and have a durable free-standing tent and rainfly. You must also have a portable camp stove to treat water and for heat as no campfires are allowed.

● Drive In

There in one drive-up campsite on this side of the park, **Hosmer Grove** (elevation 7,000 feet), which has picnic facilities, pit toilets and grills. No permit is needed but camping is first-come, first-served and limited to three nights per 30-day period.

For more information or for cabin lottery forms, contact Haleakala National Park, PO Box 369, Makawao, HI 96768, ☎ 808-572-4400, www.nps/gov/hale. If submitting a cabin request, write "Attn: cabins" on the envelope. No phone, e-mail or fax requests are accepted.

Getting There

To get to the park from Kahului, take Highway 37 (Haleakala Highway) to Pukalani and then take Highway 377 to Highway 378. This sounds more confusing than it is and the route is clearly marked with road signs. To get to the summit continue on through the park entrance and past the Leleiwi Overlook and the Kalahaku Overlooks. Go past the Haleakala Visitor Center to the Puu Ula`ula Overlook to see the summit.

Weather Watch: The weather at the summit is wildly unpredictable and can change on the turn of a dime. Temperature can go as low as 30° and it can be wet and windy. Be prepared. Sunrise is often clear so, on the other end of the spectrum, be ready for intense sunshine.

More than 1.6 million people visit Haleakala National Park (the crater and Kipahulu area combined) annually, making it one of Maui's most popular destinations. I will concentrate mostly on the Summit Area of Haleakala in this chapter; you will find more information on Kipahulu in the *On the Road to Hana* chapter.

FLOWER POWER

Sunrise Country Market, ☎ 808-878-1600, and **Sunrise Protea Farm**, ☎ 800-222-2797 or 808-876-0200, www.sunriseprotea.com, are the only stores on your way to Haleakala. They're right at the beginning of the road to Haleakala. You can grab a cup of coffee, bottled water, fruit and snacks at the market and then browse next door and check out the huge selection of unusual-looking protea and gift baskets. The market has a good assortment of Maui-made products, such as cookies, macadamia nuts and taffy. Both stores offer shipping to the mainland.

Sightseeing

When driving down from Haleakala, drive slowly and make sure to use lower gears to prevent brake failure.

On the drive to the crater you will climb from sea level to 10,000 feet in just 37 miles and, once on top, the views extend for more than a hundred miles. The best times to view the crater are sunrise and sunset. Don't be discouraged if you encounter a lot of clouds during the drive up – you'll most likely pass over the clouds and emerge to a clear view with the clouds under you.

Warning: Please don't feed the nene! The nene (Hawaiian goose) is the state bird of Hawaii and the curious creatures are frequently seen in the Haleakala area. After being fed by motorists, nene often associate food with cars and will approach moving vehicles in search of food. This has caused deaths

of the endangered species. It's especially harmful as nene mate for life and the death of one partner leaves another with the difficult task of finding another mate.

Once you get to the summit there's a parking lot and a covered and windowed-in lookout with walls full of information about the crater.

Magical Maui: At the summit, you'll see the silversword (*`ahinahina*), which is endemic to the upper slopes of the volcano above 6,500 feet. This rare, tall stalkish-looking plant can live up to 50 years and ends life with a sprouting display of hundreds of purple flowers.

Adventures on Land

Biking

Downhill Rides

One of Maui's trademark activities is the 38-mile all downhill ride from the 10,023-foot summit of Haleakala to the sea-level town of Pa`ia. It's a once-in-a-lifetime experience – where else can you bike down 38 miles and only pedal for 400 yards? Most rides leave the summit right after sunrise so the whole experience is an early-riser activity. Most of the companies offer pickup and dropoff service. Depending on where you're staying, your day will start around 2 am. Bikers ride down the mountain single-file with a guide on bicycle in the front and another driving the van in the back. As morning arrives, the guide will sometimes pull you over to the side to allow traffic to pass.

There are several companies that offer bike rides down the volcano. Tours run about $120 for a half-day of adventure. Sometimes you can find Internet discounts.

Aloha Bike Tours, ☎ 800-749-1564 or 808-249-0911, www.mauibike.com, is one of the premier companies with top-of-the-line bikes and great personal service. Owners Marc and Karen Friezner personally lead each tour and are happy to share their love of the Upcountry area where they have lived for over 23 years. Their tour varies from the others as they travel down to Tedeschi Winery for wine tasting and stop for a tour of a protea flower farm. Expect to spend about six or seven hours on this tour.

Haleakala Bike Co., ☎ 888-922-2453 or 808-575-9575, www.bikemaui.com, has over nine years experience and over 100,000 customers. They are one of the only companies that allows you to use their equipment and shuttle service to go down the volcano on your own. This is a good idea if you've done the guided tour before and know what you're in for. They can also give you information about off-road biking down the backside. Haleakala Downhill also has a day summit trip for those who can't get up that early and an express tour for those who have been to the crater before.

Mountain Riders Bike Tours, ☎ 800-706-7700 or 808-242-9739, www.mountainriders.com, also offers self-guided tours down the volcano. In addition, they have the basic sunrise adventure, as well as a daytime adventure from 7 am to 3 pm catering to those who aren't such early risers.

Maui Mountain Cruisers, ☎ 800-232-6284 or 808-871-6014, www.mauimountaincruisers.com, has been going down the mountain since 1983. They have a sunrise tour and a midday tour.

Emerald Island Bicycle Rides, ☎ 800-565-6615 or 808-573-1278, www.mauibiking.com, was created by two Maui locals who got tired of seeing tourists being bullied around so much with to-do lists that they forget the reason they came here. They have cheaper rates and offer discounts for groups.

Haleakala Downhill, ☎ 808-575-9575, www.bikemaui.com, has a different approach to the downhill descent. If you're more of a free spirit you may enjoy this company as they let you set your own pace. There's no hotel pick-up or picnic lunch. You meet in Ha`iku and decide along the way where

you would like to eat. They stay in touch with you as you travel but they're not following you. You can take your time or rush down the mountain. It's all up to you.

If you're feeling a little timid about cruising down a volcano on a bike, remember that you can only go as fast as the slowest rider since there's a guide in the front and back of the tour who has to moderate the pace.

As the weather is unpredictable and ever changing, most companies have rain ponchos available and you should wear several layers of clothing. Closed-toed shoes, such as tennis shoes, are recommended, as is protective eyewear, such as sunglasses or prescription glasses. Don't forget the sunscreen and your camera. Most companies have height and age requirements with the minimum age generally being 12 years and a minimum height of 4 feet 10 inches.

ATV Tours

Haleakala ATV Tours, ☎ 808-661-0288, provides a two-hour or 3½-hour tour across Haleakala Ranch land. The trail starts at the beginning of the road to Haleakala Crater at 4,000 feet above sea level and takes riders over 14 miles of rugged terrain as they climb above the clouds while crossing streams and gulches on the four-wheeled fun machines. The longer tour includes a picnic lunch in the `Ukulele Forest.

Hiking

Haleakala National Park has 24,719 acres of designated Wilderness Area with 29 miles of trails. There are several half-day, full-day and overnight (permit required) hikes in the park in which you will experience several ecosystems, view rare plants and get a general view of the interior of this spectacular natural wonder.

The **Sliding Sands (or Keonehe`ehe`e) Trail** is the most popular and begins near the Haleakala Visitor Center.

> **Great Hike:** Naturalists from the National Park Service conduct hikes in the Summit area of the park at 9 am every Monday and Thursday. They also give a short talk about the park every day at 10 am and 11 am.

One minute you can be feeling intense sunshine, the next you're enveloped in thick clouds and heavy rain. Weather conditions at Haleakala National Park can vary greatly, changing faster than you can say Humuhumunukunukuapua`a (Hawaii's State Fish). Temperatures at Haleakala commonly range between 40 and 65°F, but can be below freezing due to the wind-chill factor so you must be prepared for anything. There are no food, supplies or gas available at the park.

Hike Maui, ☎ 866-324-MAUI or 808-879-5270, www.hikemaui.com, offers a four-mile naturalist-led hike at Haleakala through a lava rock trail and then at the summit for $105.

> **Money-Saver:** Hike Maui gives a 10% discount for on-line bookings (www.hikemaui) made seven days in advance.

There are more than 30 miles of hiking trails within the Crater area of Haleakala. For a mild hike try the quarter-mile nature trail at Leleiwi Overlook or, for more extreme hiking, there are two trails, Halemau`u and Sliding Sands, which enter the wilderness from the summit area. A third hike exits at the coast via Kaupo Gap.

Horseback Rides

Pony Express Tours, ☎ 808-667-2200, www.ponyexpresstours.com, has two rides. One is a ranch ride through Haleakala Ranch and the other is a crater ride that takes you down Haleakala Crater. Don't be fooled by the name – there are no ponies involved in these two amazing tours. They offer two rides that take you across the vast ranchlands with amazing views of Maui from a 4,000-foot elevation. The two-hour ride costs $85 per rider; the 2½-hour ride costs $105 and includes lunch.

Their most popular ride and a definite must-see is a trek on the Sliding Sands Trail from the summit down 2,500 feet to the crater floor. This is an ultra-popular activity and I would recommend booking a month in advance. The cost is $155 for this once-in-a-lifetime experience. A longer ride of 12 miles is also offered down to the crater floor and costs $190 per rider.

Zipline

Skyline Eco-Adventures, ☎ 808-878-8400, www.skylinehawaii.com, allows you to see the crater in a different sense with it's zipline tours. This relatively new (they've only been around two years) spin on tourist activities has participants individually soaring through Haleakala while anchored to a stainless steel cable. You'll get a bird's eye view of the magnificent scenery below. Skyline claims to be the first company in the United States to operate zipline tours and they predict that you will see ziplines popping up everywhere in the next five years. Skyline operates five tours a day (three on weekends) with up to 12 people in each group. The tour costs $69 per person but you can feel good about paying – 10% of company profits go toward preserving Hawaii's land and culture.

The Road to Hana

■ At A Glance

Once a gnarly, dreadfully bumpy ride, the world-famous Road to Hana with its 600 curves and more than 60 one-lane bridges has been improved over the years to become wider, smoother and much more pleasant. Although it's only 52 miles, we're still talking about a 2½- to three-hour journey one-way, as most of the time you'll be traveling 10 to 20 miles per hour. Plus you're gonna want to stop at many of the roadside distractions – waterfalls, fruit and flower stands, scenic overlooks, quaint bridges.

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> **Author's Tip:** I would highly suggest spending at least one night here and taking in some of the beauty that is Hana. Driving up and down the Road to Hana in one day can be a lesson in tolerance, patience and anxiety (no wonder it's nicknamed the "Road to Divorce"). Some say that it's the journey, not the destination, but in this case the trek and the end result together make for a splendid addition to your vacation.

The journey unofficially begins after Pa`ia and at that point you're in for an amazing ride full of surprises. The Road to Hana is one of the most popular treks in the world, with over half a million visitors annually. The road can get very congested. Busiest times are between 10 am and noon for motorists going to Hana and 3 to 5 pm for those returning to civilization.

ROAD RULES

Aggressive behavior will not help you make friends on the road. Remember – it's the journey, not the destination. Some tips for maneuvering the road:

- Be courteous to other drivers.
- Don't stop in the middle of the road or block part of the road.
- If there is a long line of cars behind you or someone is tailing you closely, pull over. Some drivers commute from Hana to Kahului every day and know the road better than you.

In this chapter, I'll first introduce you to Hana and then provide you with the sightseeing stops you won't want to miss as you leave Ho`okipa Beach on the north shore all the way until you get to Hana. I will then describe the wonders that lie beyond Hana as you head toward Kipahulu.

DON'T FORGET

Make sure you have these items before you begin your trek along the amazing Road to Hana:

- This book. Not that you can get lost! There's only one road. But it will help explain where you are, what you've seen and where you're headed.
- Sunscreen. Especially if you have a convertible!
- Lots of water. Don't drink from streams as the animals that live in the surrounding jungle can contaminate them.
- Camera and film. Make sure you have extra batteries or, if you have a digital camera, check to see that the batteries are charged. If you have what is now called an old-fashioned camera (that is, one that uses film) make sure to bring lots of film. more than you think you could ever use.
- Bug spray. Mosquitoes like still, damp weather and they tend to prefer tourists. Don't end your trip with a bunch of itchy, red spots. It can ruin your evening.

■ Gas. Pa`ia, at the beginning of your trip, is the last place to get gas until you get to Hana, so fill up. It will be even cheaper if you fill up in Kahului.

■ Water. Keep hydrated, especially if you're going to be hiking or exploring.

■ A rain jacket. Weather in this area is unpredictable!

■ Make sure you wear your seatbelt. The police haven't forgotten Hana.

■ CDs or another music source. There are no consistent radio stations in Hana and the ones on the Road to Hana fade in and out. I spent most of my visit listening to a Big Island radio station.

Author's Tip: Using a cassette guide to lead your way down the Road to Hana is an excellent way to see the sites while listening to fascinating history lessons and whimsical anecdotes about the area. My favorite is the ***Hana Cassette Guide*** available in CD or cassette form and only from the booth next to the Shell Station on Dairy Road (Highway 380) in Kahului. It's $20 and comes with a large 18 x 24-inch detailed map of the area, plus a DVD entitled *MAUI, Island Paradise*.

If you're not a confident driver or don't like to drive, there are several companies that provide tours of the island in comfortable vans and limousines. **Valley Isle Excursions**, ☎ 877-871-5224 or 808-661-8687, www.tourmaui.com, offers tours in their 12-passenger air-conditioned luxury van with reclining captain's chairs and, later on, an outside buffet lunch. It's a whole-day trip from pick-up to drop-off. For a more upscale tour, call **Carey Town & Country Limousine**, ☎ 888-563-2888 or 808-572-3400, www.hawaiilimo.com, for a luxurious tour in an SUV limousine with door-to-door service, lunch at Hotel Hana-Maui and a stop at Tedeschi Winery for wine tasting on the way home. **Temptation Tours**, ☎ 800-817-1234 or 808-877-8888, www.temptationtours.com,

offers treks in a limo-van. **Ekahi's**, ☎ 808-877-9775, www.ekahi.com, localstyle@ekahi.com, provides local-style tours of the Road to Hana with substantial discounts for seniors.

■ Hana

When it comes to the Road to Hana, they say it's the journey, not the destination. I have to disagree. This is an enchanting, idyllic spot full of history, natural beauty and tons of things to do and see.

Part of the enchantment is the isolation – this is the only town (there are a couple of tiny communities before and after Hana) on the east side of the island. It's so on-it's-own that the locals call the rest of Maui "the other side." Where else in Maui can you get the morning paper in the afternoon and find the bank open only from 3 to 4:30 pm? Some people consider Hana a sleepy town. I wouldn't go that far (well, maybe it's sleepy after 8 pm). I had a list of things to do in the area and barely got them done in four days.

Information

Getting There

There is another option to driving to Hana and that is flying into the tiny Hana airport, ☎ 808-248-8208. **Pacific Wings**, ☎ 808-873-0877, is the main airline flying to Hana, although there are some small charter companies that make the flight.

Getting Around

Dollar Rent a Car, ☎ 808-248-8237, has a booth at the Hana Airport. The only gas station for miles and miles is **Hana Gas**, ☎ 808-248-7671, which has such a monopoly of the fuel scene that it apparently doesn't have to post gas prices. It's in the middle of town across from Hasegawa General Store.

> **Author's Favorite:** A new documentary titled *Hana, the Heart of Hawai`i* is available on DVD and video for $20 and is an exemplary

tribute to the people of Hana, the land and the very visible "aloha spirit." The film can be bought online at www.hanatheheartofhawaii.com, or at various outlets in Hana, including the Hana Ranch Store. Buy it before your trip to see what you're in for and to learn about the history; then watch it again after you've been to Hana to remind yourself of the special place you have just encountered. Also, 50% of profits are donated back to the Hana community.

For information on the Hana art scene visit **www.hanaarts.com**, or call, ☎ 808-248-7569

The **post office** and Hana's only bank (**Bank of Hawaii**, ☎ 808-248-8015) are in the tiny two-building Hana Shopping Center. The post office, ☎ 808-248-8258, is open from 8 to 4:30 pm and the bank is open from 3 to 4:30 pm Monday through Thursday or 3 to 6 pm on Fridays. With those hours, sign me up to be a banker in Hana!

The only **ATM** is at the Hasegawa General Store on the Hana Highway.

Reach the **Hana Medical Center** at ☎ 808-248-8294.

History

Hana played an important part in Hawaiian history and was the site of a famous battle between the chiefs of Hawaii (the Big Island) and Maui. If you venture out to Hana Bay, you'll see a large hill called Ka`uiki on the southern side. This is where Ka`ahumanu, left, the favored wife of Kamehameha, was born in 1768. Today a plaque near the lighthouse at Hana Bay marks the cave.

The sugar industry took hold of Hana in the late 1800s and the sleepy village soon became a bustling sugar plantation town complete with a boarding house, a barbershop, a butcher and several restaurants. After the sugar trade died down in the 1920s and 1930s due to competition and the high cost of labor and shipping, ranching took over as a major industry.

Retired entrepreneur Paul Fagan started The Hana Ranch in 1944 with 14,000 acres of land and a herd of Hereford cattle from Moloka`i.

The Hana Highway was completed in 1926 and the gravel thoroughfare made it possible for trucks and cars to go back and forth from Kahului and Hana. Prior to the highway, ships were the main transportation to Hana.

> **Maui Legend:** Ancient Hawaiians believed the fire goddess, Pele, traveled through Hana on her journey back and forth to the Big Island of Hawai`i. The legend says her bones are buried in a hillside a few miles from the Hotel Hana.

One of the biggest milestones in Hana's history occurred on April 1, 1946 when a tidal wave (or *tsunami*) wiped out the whole community and killed 12 people. The wave originated in the Aleutians, 2,200 miles away, when a massive earthquake rocked the area. The same year the last sugar plantation closed, forcing many residents to flee to the other side of the island in order to find employment.

Also in 1946, Paul Fagan opened the six-room Ka`uiki Inn in order to attract more tourists to the area. Nowadays the Hotel Hana-Maui is here, the area's biggest employer.

Shopping

There are two grocery stores in Hana – the famous **Hasegawa General Store** (it even has a song written about it), ☎ 808-248-8231, and the **Hana Ranch Store**, ☎ 808-248-8261. Hasegawa General Store first opened in 1910 and is more of a little-bit-of-everything outlet, with groceries, movie rentals, fishing and automotive equipment, as well as souvenirs. They even scored a coup by being the only place to buy ultra-popular "I survived the Road to Hana" t-shirts. The original store burned down in 1990 and it is in "temporary" digs in the old Hana Theater. Don't forget to grab a bag of their own "Hasegawa's Hana Blend" of coffee. There are six different varieties.

The Hana Ranch Store is on the other side of the highway and up the hill. Mind the signs for the one-way parking lot. This is more a grocery store although it also has Hawaiian literature, souvenirs, hats and a hot dog stand at the register.

The **Hana Coast Gallery**, ☎ 800-637-0188, www.hanacoast.com, inside the Hotel Hana-Maui, is a wonderful place to browse and buy beautiful works of art created and inspired by artisans of the Hawaiian Islands, Polynesia and the Orient. With nearly 3,000 square feet of exhibition space, the well designed gallery has a diverse collection of artwork, including Koa furniture, turned wood bowls, Hana- and Maui-inspired artwork, sculpture and a jewelry case with locally made items.

■ Sightseeing

This sightseeing tour begins after the small but bustling town of Pa`ia, with the first sight being world-famous Ho`okipa Beach. Then we'll pass through Ha`iku and Huelo and be on our way down the Road to Hana.

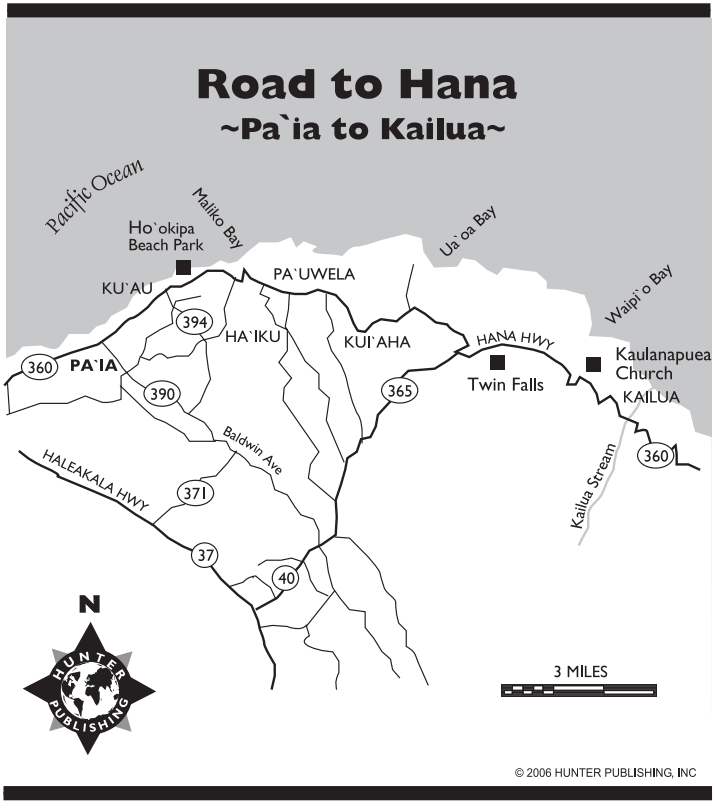
> **Author's Note:** As there are few signs depicting what you are seeing on the road, most of the guides and maps will refer to Mile Markers (the green vertical signs on the right side of the road).

Ho`okipa Beach

Ho`okipa Beach is just before Mile Marker 9 right after you pass the famed Mama's Fish House restaurant with its landmark boat jutting out next to the parking lot. This is the one of the most popular windsurfing beaches in the world due to the steady tradewinds that hit the area at around noon. On a good day, you can see dozens of sails racing through the water jumping across waves. The right side of the beach is a popular surf spot, especially in the morning before

the windsurfers take over. Park at the overlook to get a larger view or drive through the one-way road to a parking lot where you can join the action on the beach.

This was the favorite place for a Hawaiian monk seal locals named Makana who decided to spend more than 40 days in a row on Ho`okipa and the surrounding beaches sleeping all day despite the noise from a loudspeaker during a windsurfing competition.



Once you leave Ho`okipa Beach and pass the turnoffs to Ha`iku, Highway 36 turns into Highway 360 and the Mile Markers start at "1" again. You'll notice that the road gets narrower and curvier. Welcome to the Road to Hana!

Twin Falls

Twin Falls, at Mile Market 2, is the first of many waterfalls you'll see on The Road to Hana. The road is still wide at this point but don't go too fast as the turnout on the right comes up quickly. You'll see lots of rental cars parked next to a fruit and smoothie stand. There's a much-ignored "No Trespassing" sign indicating that you're stepping onto private land. Don't say that I sent you there! It's about a five-minute walk to Twin Falls where you can take a dip in the pool at the bottom. It's another 10 or so minutes down the trail to a second waterfall. This spot tends to get crowded, as it is has a novelty status as the first waterfall you see. Don't spend too much time here, as it just gets better and better.

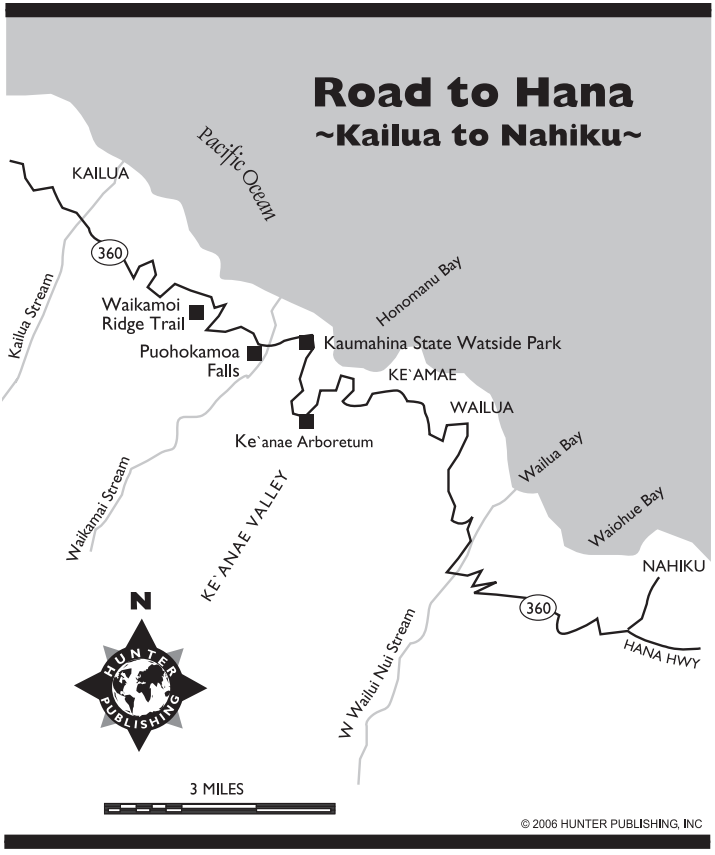
You'll notice the scenery getting greener as you travel farther along. You are now on the windward side of the island which receives daily showers, creating a lush, flourishing environment. This area has been known to receive up to 360 inches of rainfall per year. You'll be going over some one-lane bridges and, if you look closely, you can see the date the bridge was built inscribed in the side. Many also have the name of the river they're crossing over.

> **Did You Know?** The concrete ditches you see on the side of the road were built in the 1800s as a way to transfer water from the rainforests of Hana to the sugar cane fields in the dry Central Maui area. The system was expanded in 1923 and now collects 60 billion gallons of water from 400 streams and seven reservoirs. The ditches run at a 1% grade and the endeavor, which was completed in 1878, is considered a great engineering feat.

Kaulanapueo Church

Kaulanapueo Church is in the small community of Huelo between Mile Markers 3 and 4. Take a left on the small road next to the Hawaii Visitors Bureau sign. Built from coral and cement in 1853, Kaulanapueo Church is still used today.

From here on, the road gets more narrow, the one-lane bridges more numerous and the scenery gets more lush and green with bamboo, eucalyptus and guava groves as you start to enter the Ko`olau Forest Reserve. You can identify the eucalyptus, including the colorful rainbow eucalyptus, by their soaring height, distinct bark and medicinal smell.



Waikamoi Ridge Trail

Half a mile past Mile Marker 9 is a Forest Reserve sign for the Waikamoi Ridge Trail. This easy ¾-mile hike is great for families and follows Waikamoi Stream to the ridge in a circular route.

Puohokamoa Falls

Puohokamoa Falls are right before Mile Marker 10 and there's a telephone pole and a kukui tree marking the trail. Follow the barbed-wire fence to a great view of the falls. There's not a lot of parking around this area so make sure you're not adding to the congestion by blocking the road.

Garden of Eden

You can also see Puohokomoa Falls from the Garden of Eden botanical garden, ☎ 808-572-9899 . The entrance fee is $5 and allows you to walk around the surprisingly impressive grounds, where all plants, trees and flowers are labeled. The gardens are open daily from 8:30 am to 2:30 pm and the entrance fee is $5 per person.

Kaumahina State Wayside Park

Kaumahina State Wayside Park, just past Mile Marker 12, is a great pit stop for a restroom visit or a place to stretch your legs. Take a walk over to the left of the park for a preview of what's to come – Ke`anae Peninsula. There are picnic tables and barbecues.

Honomanu Bay

About a mile down the road you'll get a glimpse of Honomanu Valley ("Bird Valley") with its breathtaking black lava rock bay. The turnoff is on the left immediately after Mile Marker 14 and leads to Honomanu Bay County Beach Park. Be careful though – in the wintertime, waves at this bay can reach 20 feet. The road is rough so if you don't want to take a chance on damaging your

car, you can get a great view if you continue on past the bay. There is a turnoff where you can take photos.

Ke`anae Arboretum

Farther down the road between Mile Markers 16 and 17, is the YMCA Camp Ke`anae. A short distance away is the Ke`anae Arboretum. This is about the halfway point to Hana. Walk through this arboretum and stroll through the lush gardens among the rainforests and view the trees and plants of the native forest, introduced forests, and Hawaiian medicinal plants. There's a small stream and swimming pond.

Ke`anae

Take a left after the arboretum and head to the old Hawaiian village of Ke`anae. Down at the floor of the peninsula you can watch the waves pounding the shore. Take a careful walk along the shore and see the verdant beauty of Ka`enae. Also at the bottom is **Ka`enae Congregational Church**, which was built in the mid-19th century out of lava rocks. This is the only building to survive the 1946 tsunami that devastated the peninsula and most of Hana.

After you get back, there's a turnoff past Mile Marker 17 and a great overview of what you just drove through. It's a better perspective and a wonderful photo opportunity. Look for the taro patches and the beautiful black sand beach on the right.

Right past Mile Marker 18 is Wailua Road on the left that will lead you to the pink **St Gabriel's Mission** and the smaller blue and white **Coral Miracle Church**, home of the Our Lady of Fatima Shrine.

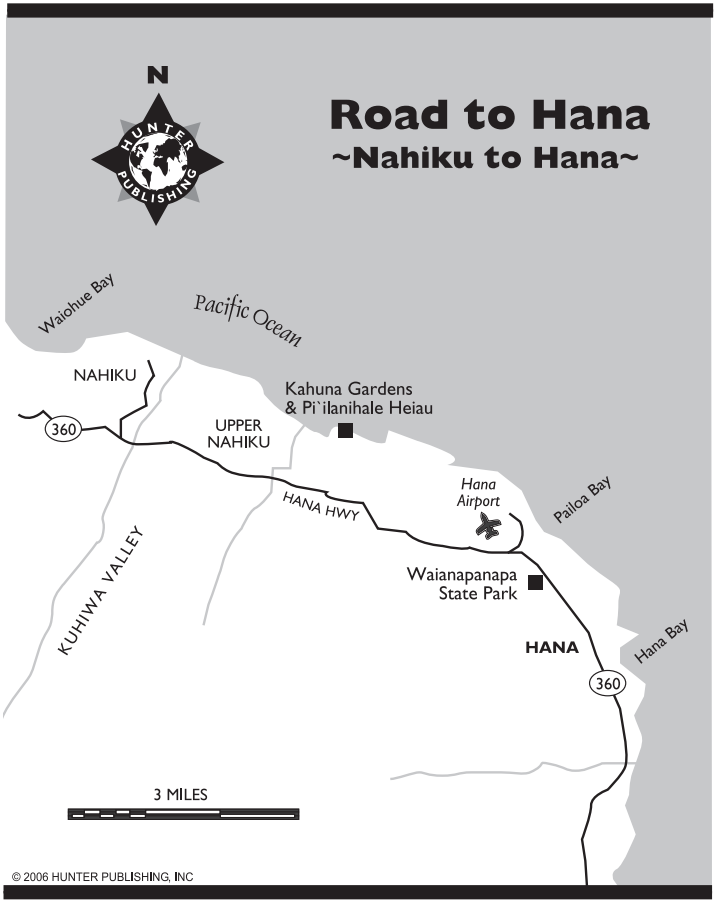
Waikani Falls

From this site you can look up toward Haleakala and see impressive Waikani Falls or, better yet, get back on the highway and past the Wailua Valley State Wayside Park. Between Mile Marker 19 and 20, Waikani Falls can be seen from the road and reached by taking the path at the far side of the bridge on the mountain side of the road.

Pua`a Ka`a State Wayside Park, between Mile Marker 22 and 23, is the last restroom stop before Hana. There is an easy path to a couple of waterfalls and a small swimming hole.

Right after Mile Marker 25 is Nahiku Road, which leads down about three miles to what remains of the area called Nahiku. This whole area gives a new meaning to lush. Once a busy village, today Nahiku is a small community of vacation homes and rentals.

Turn left onto **`Ula`ino Road** near Mile Marker 31 and drive down the rough road for about three miles. You'll pass **Kahanu Garden** (but make sure you stop before you leave Hana) and keep on going till the road ends. Then cross the stream and turn the corner to see what is called **Blue Pool**.



Be careful of rising waters at Blue Pool and other waterfalls and streams as visitors have crossed the stream and been trapped on the wrong side after the stream unexpectedly rose to unmanageable levels.

Ka`eleku Caverns

Also on `Ula`ino Road, Ka`eleku Caverns are the island's largest underground lava tube system. Tours of the caverns are available and more information is in the *Adventures on Foot* section of this chapter, page 322.

Kahanu Gardens/Pi`ilanihale Heiau

Kahana Gardens are also on to `Ula`ino Road. You have to stop at the small gatehouse and pay an entrance fee. You will get an informative booklet and a map for the grounds. From then on you drive a short path to the entrance of the gardens. For more information call, ☎ 808-248-8912 or visit the website at www.ntbg.org. The fee is $10 for adults; children ages 12 and under visit for free. The gardens are well maintained by the privately funded National Tropical Botanical Garden Association and are highly recommended. The organization, which was chartered by the US Congress in 1964, oversees this garden, one in Florida and three spectacular gardens on Kaua`i.

Help the Environment: Like what you see?

To become a member of the organization, dedicated to the preservation of tropical plants, especially rare and endangered species, check out www.ntbg.org or call ☎ 808-248-8912.

Within the Kahanu Gardens is the highly significant and spiritual **Pi`ilanihale Hale**. This enormous structure made out of black rocks is believed to be the largest *heiau* in the state (450 feet tall with a 320-foot platform) and is regarded as one of the finest examples of ancient Hawaiian construction. It has a five-step terrace and archaeologists estimate that it took over 128,000 man-days to build. The *heiau* represents the *mana* (power) of the chiefs at that time and it is shrouded in mystery as to whether is was used as a religious or a house site.

> **Hawaiian Legend:** A traditional practice among Hawaiians when they visit a sacred spot is to leave *ho`okupu*, an offering, whether it be a prayer, a chant or plant materials. In the garden you will see rocks wrapped in ti leaf and stacked on top of each other. This is considered a sacred offering and should not be touched.

Research shows that the *heiau* was once the residential compound for the high chief Pi`ilani (Pi`ilanihale translates to "House of Pi`ilani"). Pi`ilani was a 16th-century ruler of Maui and is believed to have overseen the building of this massive structure. The location of the *heiau* is thought to be crucial in viewing canoes many miles away and on a clear day, you could see the Big Island of Hawai`i. The *heiau* was named a National Historic Landmark in 1964 and placed on the National and State Register of Historic Places in 1987. A two-decade-long restoration was completed in 1999.

> **Caution:** Do not enter or climb on this historic *heiau* or any of the stone structures, such as unmarked graves within the gardens. These are sacred spots and disturbing or removing any stones or plant material is strictly prohibited. You are a guest and you should act like one.

As you stroll through the gardens with the very informative booklet given to you, you'll see many different plants of

Hawaii, all clearly labeled with their species name and origin – from sugar cane, taro, kava, turmeric and ti leaf plants to Kukui (or candlenut), banana and mountain apple trees.

As you follow the path away from the *heiau*, you'll see a small beach cottage called **Hale Ho`okipa** (the welcoming house) with displays of tools (some used in ancient times) and other utensils. Take a break and browse through the displays but please don't bring food or beverages – they're prohibited. There is a restroom here. The coastline next to the cottage is picture-perfect with a small unreachable black sand beach and a beautiful coastline.

As you leave the cottage you'll see a long, square-shaped stone wall thought to have been used as a canoe landing and house site. Historians think the wall may have housed Pi`ilani's court in the late 1500s.

> **Watch Your Head!** As you stroll around the gardens, avoid walking under the trees – falling coconuts and breadfruit can cause serious damage!

This tour is a great insight into Hawaiian history and a great way to view Hawaii's vast variety of colorful tropical fruits and trees, including the world's largest collection of breadfruit trees. The gardens are also home to one of Hawaii's last undisturbed native Pandanus forests.

Wai`anapanapa State Park

Near Mile Marker 32 on the outskirts of Hana is Wai`anapanapa State Park, which translates to "water flashing rainbow hues." There's lots to explore at the 122-acre park – ancient *heiau*, a blowhole, historical caves full of legends and hiking trails that take you along the black a`a (a Hawaiian word for rough lava rock) coastline. The highlight is **Pailoa Bay** with a black sand beach easily accessible by a very short downhill path.

> **Maui Legends:** The Wai`anapanapa Caves are buried in legends, including one about a Hawaiian princess named Popu`alaea who fled from her cruel husband, King Ka`akae.

She hid on a ledge next to the underwater entrance to Wai`anapanapa Caves. As Popu`alaea's faithful maid sat fanning her with a *kahili* (a fan made of feathers) King Ka`akae saw the reflection of the *kahili* in the pond and discovered her hiding place. He then killed her. Once a year tiny red shrimp appear in the pool and many believe the red glow that they emit in the water is a reminder of the slain princess.

You'll know you've hit Hana when you come to a fork in the road and see the tiny police station. If you take the high road to the right, you'll go over a couple of one-lane bridges before encountering the heart of Hana – the Hotel Hana-Maui. There's a parking lot on the left and the resort is on the right. If you continue on down the road, you'll see a couple of stores, the Hana Ranch Restaurant and a gas station. If you veer left at the gas station you'll pass a bunch of inns and cottages until you get to the Hana Beach County Park.

Hana Beach County Park

This crescent-shaped bay is a great swimming area as well as a fun place to go for a stroll. There's also a long, crumbling pier and a pavilion that is home to the famous **Tutu's Snack Shop**. At the entrance to the bay is a large picnic area with barbecues. On the right side of the bay is the 386-foot red cinder cone hill called **Ka`uiki Hill**. This site holds great historical significance as it is the birthplace of Queen Ka`ahumanu in 1768. The trail to the site is a little gnarly and steep but should take no more than 10 minutes.

Red Sand Beach

The path to Kaihalulu Beach (Red Sand Beach) is next to the Hana Community Center. Cross through the spacious field and follow the dirt trail to the right and up the hill. If you hit the Japanese cemetery, you've gone too far to the right. Backtrack and veer left. Go around the corner and you'll see the red sand beach surrounded by ironwood trees. You may even see some nude beach bodies as nude bathing is common in this secluded spot.

■ Adventures in Air

Hang-Gliding

If you want to do one crazy and forever memorable thing on your trip to Hana, go hang-gliding with **Armin Engert**. I was hesitant but Armin eased my fears with his sense of humor and I spent the afternoon 2,000 feet over the Hana coast taking in the scenery from a viewpoint like no other. You're sitting behind Armin in his motorized hang glider and there's a belt holding you in on the front but when you're up in the air, it's just you and the sky. It was amazing. Armin takes you over Hana Bay, Hamoa Bay, Hana town and, if conditions are good, up to Haleakala. His comforting voice guides you through the tour (you both have headsets). Toward the end Armin cuts the engine and you glide down to the airport and disembark. You should not miss this adventure! At the end of the day, Armin jumps into his little "puddle jumper," as he calls the tiny plane, to fly back to Kahului. What a commute! Armin has been flying gliders since 1982 and has accumulated more than 8,500 hours with a perfect safety record. Call Armin or his wife Karin at ☎ 808-572-6557 or visit www.hangglidingmaui.com, to make a reservation for a 30-minute ($115) or 60-minute ($190) flight. You can document your adventure by purchasing photos taken from a wing-mounted camera. The age limit for this adventure is 12 years old; the maximum weight per person is 240 pounds.

■ Adventures on Foot

Hiking

Hike Maui, ☎ 866-324-MAUI or 808-879-5270, www.hikemaui.com, has a half-day waterfall hike near Kailua that includes a stop at 31-acre Garden of Eden, a 1½-mile hike through lush rainforests to 30- and 40-foot waterfalls where you can swim in the pond underneath. The naturalist-led hikes take you though private lands

accessible only by Hike Maui. The company was started in 1983 by Ken Schmitt who had spent three years living in the rainforests of Maui before deciding to share his knowledge of the area with others. The company now has about a dozen full- and part-time guides who enhance the hikes with their extensive knowledge of the island's geology, botany, language and history. Along the way, you'll learn about the history of the island, from the volcanic eruption that created it to the first islanders and the story of the sugar and pineapple industries. Along the 1½-hike, we passed a huge mixture of vegetation, from rainbow eucalyptus, kukui nut and three kinds of guava trees to bamboo forests and tropical flowers, such as lipstick ginger, awapuhi, and hanging lobster claws. For snacks, our guide brought along oranges, mangoes and dragon fruit whose fruit looks like a bright purple small watermelon and tastes like a dense raspberry. We took our time while hiking to two small but refreshing swimmable waterfalls. The half-day hike is $105 with hotel pickup in Kihei, Wailea or Makena, or $91 if you meet the crew in Kahului.

> **Money-Saver:** Hike Maui gives a 10% discount for online bookings (www.hikemaui.com) made seven days in advance.

Hike to Fagan's Cross: This three-mile trek begins at the Hotel-Hana Maui guest parking lot and heads up Lyon's hill to the memorial erected in the memory of Paul Fagan.

You can attempt this trail only if there are no cattle in the pasture and no signs on the fence stating the trail is closed. Just to make sure, check with the concierge at the Hotel-Hana Maui. It's a little steep as you get closer to the top but the views of Hana and the outlying areas are worth the trek.

Hana-Wai`anapanapa Coast Trail: At the state park, there's a generally flat trek that will take you along the coast, along lava cliffs and through tropical foliage. You'll also run across an ancient *heiau*, a blowhole and the caves. You can join the trail at any point in the park and it runs about six miles altogether.

Spelunking

Maui Cave Adventures, PO Box 40, Hana, HI 96713, ☎ 808-248-7308, www.mauicave.com, info@mauicave.com. The cave headquarters are near Mile Marker 31 where you'll turn right onto Ulaino Road if you're heading north from Hana. Drive half a mile to start an experience found nowhere else on Maui. If you're thinking about scary caves and such, put your mind to rest. This cave is actually a huge underground lava tube that you can walk through. They supply the flashlights, hardhats, water and snacks; you bring your sense of adventure. They offer a one- to 1½-hour walking tour geared to families with children age six and above. You'll see stalactites and stalagmites during the walk in a cave with 20- to 40-foot ceilings. The two- to 2½-hour tour is more in-depth and this one includes crawling, especially through narrow spaces, and then climbing over rock ledges to ascend a 20-foot ladder which will lead you to secret chambers and hideaways. This is quite an adventure – for fit adults and children age 15 and older. Reservations are highly recommended as there are only two tours a day, Monday through Saturday.

Spa Adventures

To make room for a spa, the Hotel Hana-Maui turned one full acre of property into a spa with nine rooms now designated as treatment rooms. The results are astounding. Recently named by *Travel & Leisure* magazine as "one to watch," the new **Spa at the Hotel Hana-Maui**, ☎ 808-270-5290, is all about privacy, professionalism and relaxation. Indulge yourself in the décor – there's a lava rock Jacuzzi, bamboo and mahogany dressing rooms and outdoor lava rock showers with rainfall-emulating showerheads. Relax in the steam room and then take an invigorating dip in the cold plunge pool. But don't forget about the treatments, such as lomilomi or Thai massage, a purifying sea enzyme body wrap or a native noni facial. A specialty is their aromatherapy treatments using an exclusive essential oil blend that they call Honua, which means earth. They also have a couples retreat spa treatment or a head-to-toe package that includes a facial and a spa body therapy. A 15-minute dip

in any of the therapeutic baths (think coconut, papaya enzyme, seaweed, ginger or Hawaiian rainforest) can be added to any treatment. The services are pricey but you have unlimited time in the facilities. The spa is for guests only.

> **Author's Note:** If you're not staying at the spa, contact **Cynthia Johnson**, ☎ 808-268-6888, who has a massage studio next to the recreated fishpond at Hana Hale Malamalama. The massage I got from her was one of my best ever (and I've had a lot).

Tennis

The Hotel Hana-Maui has two tennis courts. Next-door are two public courts adjacent to the ballpark.

■ Adventures on Water

Ocean Kayaking

You'll see Kevin with his **Hana-Maui Sea Sports** kayaking equipment almost every day down at Hana Bay. His beginner-level kayak tours leave twice daily (9:30 am and 2 pm) from Hana Bay aboard "no-roll" kayaks and include a snorkeling venture in a protected cove. ☎ 808-248-7711 or 808-264-9566 or visit www.hana-maui-seasports.com, hanaseasports@aol.com.

Surfing

Hana-Maui Sea Sports, ☎ 808-248-7711 or 808-264-9566, www.hana-maui-seasports.com, hanaseasports@aol.com, also offers beginning and advanced surfing lessons beginning with a "wave smarts 101" orientation.

■ Where to Eat

Tutu's Snack Shop, in the pavilion at Hana Bay, serves sodas, sandwiches and burgers. $

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Hana Ranch Restaurant, ☎ 808-248-8255, is the only restaurant in Hana besides the dining room in the Hotel Hana-Maui. Like every other business in Hana it has funny, abbreviated hours. The restaurant is open every day for lunch from 11:30 am to 3 pm, but only open for dinners on Friday and Saturday from 6 to 8:30 pm. If the dining room isn't open you can get dinner from the take-out window until 7 pm. If the restaurant is open, you can't get take-out. Confusing? You bet. And to throw in a loop, Wednesday is pizza night from 6 to 8:30 and you need reservations since the whole town shows up. There is a salad bar available. The food is one step up from fast food and the entrées and pupus have a local/Filipino flair keeping in touch with the variety of ethnicities you'll find in the area. Outdoor tables provide a nice ocean view as the restaurant is up on a hill. $

In the Hotel Hana

The Main Dining Room, ☎ 808-248-8211, serves breakfast from 7:30 to 10:30 am, lunch 11:30 to 2:30 and an à la carte dinner from 6 to 9 pm. On Fridays they have a buffet dinner and a Hawaiian show from 6 to 9 pm with dinner beginning at 7 pm.

Breakfast service is fast and efficient; the portions are hearty and creative using fresh ingredients and incorporating Hawaiian staples, such as taro. The omelet changes daily depending on what local ingredients the chef has available. Most entrées are served with ranch-style potatoes, Maui onions, sweet potatoes, local taro with Rainbow Ranch pepper and slow roasted with Hawaiian sea salt. A nice touch is the small jars of locally made mango jam, macadamia blossom

honey, guava strawberry jam and pineapple jam from Maui Jelly Factory in Makawao.

The lunch menu offers a good selection of salads and sandwiches using local ingredients; dinner is more upscale and a dress code is enforced (no tank tops or slippers).

The atmosphere is Hawaiian-style with pleasant island music in the background.

Paniolo Bar in the Hotel-Hana Maui serves cocktails from 11:30 am to 10 pm with pupus and lighter fare served from 2:30 to 9 pm. The portions are small – my grilled cheese sandwich with Big Island goat cheese and Maui onions was about four inches wide and long. It was served with a delicious tomato bisque.

■ Where to Stay

Two small kine rental agencies can help you with accommodation in the Hana area: **Hana Accommodations**, ☎ 800-228-4262 or 808-248-7868, www.hana-maui.com, info@hana-maui.com, or **Hana Ali`i Holidays**, PO Box 536, Hana, HI 96713, ☎ 800-548-0478 or 808-248-7742, www.hanaalii.com, info@hanaalii.com.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Author's Note: Some of the smaller inns and bed and breakfasts are not appropriate for small children so check before you book a reservation.

Bed & Breakfasts/Inns

Hana Hale Malamalama and Bamboo Inn, PO Box 374, Hana, HI 96713, ☎ 808-248-7718, www.hanahale.com, hana-hale@maui.net. Here you get a great place to stay, with the fringe benefit of having a Hana expert around to answer your questions and give you suggested itineraries. Host John Romain is an authority on Hana and its natural resources. He

loves to talk and his love and respect of Hana and Hawaii are apparent after about two minutes into the conversation. Hana Hale Malamalama has five very different accommodations, from the large "Royal Suite" with an upstairs loft, to the "Tree House Cottage" overlooking a rebuilt fishpond, to the "Banana Cabana."

I stayed in the Bamboo studio in the one-door-over **Bamboo Inn**, which is also owned by John. The Bamboo Inn consists of a one-bedroom unit and a two-bedroom two-story suite. The studio is upstairs and is small, clean and functional with a beautiful bamboo bed and furnishings. The highlight is the lanai overlooking rocky Waikaloa Bay with a small table and chairs and a lounge chair. The huge sliding glass door faces out to the ocean and, believe me, there is nothing better than hearing waves break all night long. Curiously, there are no curtains for the huge window, which was not a problem for me but may be for those not used to the "hang loose" attitude that prevails in Hawaii and especially in laidback Hana. There's an enormous bathtub in the studio and an outdoor shower at the bottom of the stairs. The narrow kitchen is equipped with a two-burner hot plate, microwave oven and a coffee maker.

The lobby for all the accommodations is an open-air tiki lounge with a four-seat bar overlooking a reconstructed ancient fishpond and John may even let you help feed the fish. There is also outdoor seating in this small area, which is where breakfast is served from 8:30 to 10 am. I was pleasantly surprised to find that John had wi-fi Internet service available for guests in the lobby. What a lifesaver! All of the rooms are pretty much designed for couples or singles and additional charges will be added for extra guests. Children are allowed only with the understanding that parents are responsible for keeping them away from the fishpond and cliffs. $$-$$$

Heavenly Hana Inn, PO Box 790, Hana HI 96713, ☎808-248-8442, www.heavenlyhanainn.com, hanainn@maui.inn. This delightful Japanese-inspired inn is right before Hana town and Mile Marker 33. It's on the left if you're driving toward Hana and you can't miss the large gates with Japanese spirit dog guardian statues. This peaceful inn has two one-bedroom suites and one two-bedroom suite, each with a Japanese-style bath, TV, and a lanai. Innkeepers Sheryl and Bob Filippi can arrange to have an 8 am breakfast ready for you if you let them know a week in advance. Breakfast is $16 a day. They can also provide picnic lunches and tea service with advance notification. The rooms do not have telephones but the innkeepers will be happy to take a message. Heavenly Hana Inn is not appropriate for children under age 15. One-bedroom suites $$$; Two-bedroom suite $$$$

STAY IN A TREE HOUSE

For a unique lodging experience you can stay in Mark Ivanovich's tree house in scenic Nahiku. You'll get a bird's-eye view of the area from the spacious deck and see the Pacific Ocean on one side and Haleakala on the other. After the sun sets, the tree house is an amazing spot for stargazing. There's a small reading nook and a lofted sleeping area. Tiki torches and candles are provided and there's a fully functional bathroom. Instead of room service, Mark provides "tree service," where you can choose from a wide range of amenities and activities. He can have fruits and flowers delivered to the tree house during your stay or arrange for a guided hike of the area. If you do stay here, a four-wheel drive vehicle is recommended or you will have to walk the last 100 yards to the house. $$

Hotels

Hotel Hana-Maui, ☎ 800-321-4262 or 808-248-8211, www.hotel-hanamaui.com. First built by retired entrepreneur Paul Fagan in 1946 as a six-room establishment called the Ka`uiki Inn, the Hotel Hana-Maui has gone through many owners and renovations. Most recently purchased by Passport Resorts of San Francisco in 2001, the hotel is a must for anyone interested in a top-notch, romantic getaway. Besides beautiful grounds in a remarkable setting, service is way above and beyond average – upon my arrival the friendly bellman offered to go to his sister's house to find me a pair of dress shoes to borrow as I didn't realize slippers (flip-flops) are not allowed in the dining room. (Thank you, Patrick!) Many of the employees have been here for decades; the hotel is the area's largest employer. Getting around the property is easy – bellmen will take you wherever you need to go in golf carts that they maneuver down the narrow and curving pathways of this sprawling resort.

There are two types of accommodation here – the Bay cottages that are part of the main building and are built around a nice lawn area; or you can stay at one of the distant 47 ocean-view Sea Ranch Cottages overlooking Hana Bay. Consider splurging with a stay at the Sea Ranch Cottages. These are basically one large room with a bar, couch, dining room table, office area and bed. The bathroom is also large, with a shower, a big bathtub and built-in dresser drawers with starfish drawer handles. The cottages are furnished beautifully – framed exotic *Kapa*, or bark cloth, prints

decorate the walls and your feet will enjoy the lauhala mats. The only complaint that I heard from guests was that the beds were uncomfortable (I loved mine though) and the bedspreads were ugly (I agree). The hotel has a "Mahalo Card" system of tipping in which you can tip a certain amount per day ($15 is recommended), which covers the bell desk, housekeeping, beach attendants, front desk, etc.) You can just charge it to your room.

The property has two pools – one between the newly opened spa and the tennis courts and the other, called a wellness pool, by the Sea Ranch Cottages. The hotel is so spread out that the only time I saw other visitors was in the restaurant. I sat by myself for hours at the wellness pool and took a nap in one of the several hammocks anchored by palm trees.

This resort is not geared toward children and, in fact, the months of May and September are for adults only.

> **Good Value:** Check the Internet or sign up at www.hotelhanamaui.com for a newsletter from the Hotel Hana-Maui as they sometimes offer substantial discounts on rooms as well as meal and spa service coupons.

Amenities are included in the price – there's bottled water and soda in the in-room fridge and someone comes by every day to replenish the stash. There's also a turndown service at sunset and, when you arrive, you'll find a box filled with such goodies as macadamia nut chocolates and homemade banana bread. There are no televisions, clocks, radios or air-conditioning in the rooms but die-hards can go to the club room by the lobby where there is one TV with DVD and VCR, a computer to check your e-mail and a collection of magazines and paperback books to borrow. The clubroom is open from 6 am to 10 pm.

Besides the golf cart shuttle around the property, the hotel also provides bus shuttle service to nearby Hamoa Bay, where there is a beach facilities stand for hotel guests. The shuttle heads to the beach four times a day from either the lobby area or a shuttle stop by the Sea Ranch Cottages. Bay Cottages $$$$-$$$$$; Sea Ranch Cottages $$$$$

> **Special Getaway:** The Hotel Hana-Maui also rents out a turn-of-the-century plantation house on four acres of landscaped grounds atop a hill and overlooking the ocean. The house is full of history and has hosted such icons as Greta Garbo, Clark Gable and Hillary and Chelsea Clinton. There's even a photo inside of Princess Lili`uokalani herself standing on the porch. This two-bedroom, 2½-bath house has a private dining room, a full bar, a large wraparound deck and is furnished in rare koa wood. When it's not being rented, general manager Doug Chang holds a manager's reception once a week for guests and serves up cocktails and pupus. The house rents for $2,500/night.

Condominiums

Hana Kai Maui Resort, 1533 Uakea Road, PO Box 38, Hana, HI 96713, ☎ 800-346-2772 or 808-248-8426, www.hanakaimaui.com, hanakai@maui.net. This small 18-room condominium is in a good spot right on black-sand Popolana Beach. There are no TVs or telephones in the units although each has a fully equipped kitchen and private lanai. Daily maid service is provided. There's a shared barbecue area and a lovely koi pond made out of lava rock. Studios $$; one-bedroom $$$

Vacation Rentals

Joe's Place, ☎ 808-248-7033, is across from Hana Hale Malamalama on Uakea Road. This little house has been divided into eight rooms, with a communal kitchen and TV room. There's a soda vending machine on the front porch.

Joe's doesn't take credit cards – cash and traveler's checks only. $

Next to the Hana Cultural Center are the **Aloha Cottages**, ☎ 808-248-8420. These basic two- and three-room cottages are clean and affordable. There's no TV or television but you do get daily maid service. No credit card – cash and traveler's checks only. $

Hamoa Bay House and Bungalow, PO Box 773, Hana HI 96713, ☎ 808-248-7884, www.hamoabay.com. Tucked away between Hana and Hamoa Bay, this tropical Shangri-la is the kind of place where people end up never leaving their accommodation. There are two separate residences – a two-bedroom house and one-bedroom bungalow – which are far apart from each other but share a barbecue area and laundry facilities set between them. Both places are Bali-inspired and have a romantic, sexy décor with dark woods, screened-in lanais and exotic furnishings. The bungalow has a two-person maximum, while the house has a four-person maximum. Both units have a three-night minimum. House $$$$; bungalow $$$

Hana Oceanfront Cottages, PO Box 843, Hana, HI 96713, ☎ 877-871-2055 or 808-248-7558, www.hanaoceanfrontcottages.com, dansandi@maui.net. Next to Hamoa Bay, south of Hana, these two plantation-style vacation cottages are spacious and decorated in the style of old Hawaii. The smaller 600-square-foot cottage has a modern kitchen, separate bedroom and sits just 50 feet from the Pacific Ocean. The 1,000-square-foot suite is downstairs from where hosts Dan and Sandi Simoni live and has a fully equipped kitchen. The 320-square-foot lanai is the perfect spot to relax while watching and listening to the ocean. Suite $$$; cottage $$$$

Hana's Heaven, PO Box 1006, Hana, HI 96713, ☎ 888-205-3030 or 808-248-8854, www.hanasheaven.com. The two-bedroom, two-bath plantation-style house is 500 feet above sea level on a hill just past Hana. It's a nice, isolated spot on 500 acres. There's a two-night minimum. $$$

Ekena, PO Box 728, Hana, HI 96173, ☎ 808-248-7047, www.ekenamaui.com, ekena@maui.net. Atop a hill overlooking Hana and the ocean, this unique two-story house is like a duplex. The upstairs 2,600-square-foot Sea Breeze house has a 1,000-square-foot deck, two master bedrooms, a totally equipped kitchen, TV area, phone and washer/dryer. The smaller Jasmine house has a private lanai and two bedrooms. Sea Breeze (for up to four guests) $$$$; Sea Breeze (for up to eight guests) $$$$$; Jasmine (two guests) $$$; Jasmine (four guests) $$$$

Camping

Camping is permitted at **Waianapanapa State Park**. Reservations are highly recommended for this beautiful and popular site. call, ☎ 808-984-8109. You must get camping permits in Wailuku at 54 S. High Street between 8 am and 3:30 pm Monday through Friday. Each of the 12 cabins sleeps six and the cost is $45 per night for one to four people; $5 a night for each additional person. The cabin has a refrigerator, stove, limited cookware and utensils and includes bed linens and towels.

You must also have permits and reservations for the nearby tent campground, which has space for about 15 tents. The campsite has coldwater showers, several picnic tables and two barbecue grills. Each site (which can include several tents) costs $5 per night. ☎ 808-984-8109 for reservations.

■ East Maui (Beyond the Road to Hana)

This section covers the area beyond Hana, including Hamoa Bay, `Ohe`o Gulch, and Kipahulu.

Information

DRIVING TIMES FROM HANA TO:	
Koki/Hamoa Beach	Five minutes
Wailua Falls	10 minutes
`Ohe`o Gulch	20 minutes

Camping

The **`Ohe`o Campground** is a drive-in campground with space for nearly 100 campers. No permit is necessary but availability is on a first-come, first-serve basis. The campsites are near the ocean and have a few tables, barbecue grills and chemical toilets. For more information, contact **Kipahulu Ranger Station**, Haleakala National Park, HI 96713, ☎ 808-248-7375, www.nps.gov/hale.

Sightseeing

Koki Beach

After you leave Hana and take the detour toward Hamoa Beach, you'll see small but popular Koki Beach with `Alau Island just offshore. This is an excellent surfing and boogie boarding beach but it has a strong rip current. Heed the hand-painted sign posted on the tree in the makeshift parking lot – experienced swimmers only.

Hamoa Beach

Renowned as the favorite by novelist James Michener, this beach is surrounded by a huge cliff on one side and a narrow pathway on the other. This mellow locale is good for boogie boarding and swimming. The Hotel-Hana Maui has a concession stand here for their guests and they have a periodic shuttle from the hotel to the beach. The Hamoa area is beautiful and makes for a nice walk along the narrow, winding streets lined with fruit stands.

Wailua Falls

This is one of the biggest waterfalls you'll see on this road. right past Mile Marker 45, Wailua Falls is hard to miss as it is right on the road. Pass the falls and park in the lot on the left. Occasionally there are vendors on the side of the road selling homemade trinkets.

Kipahulu

`Ohe`o Gulch (Seven Sacred Pools) is right before Mile Marker 42 and you must pass over the bridge where you will see a lot of people standing. Do not stop on or near the bridge – you must stop and park in the parking lot at the visitor center.

To visit `Ohe`o Gulch, you must pay a fee ($5 per person or $10 per car) and then get out and walk to the pools, which some people refer to as the "seven sacred pools." There are actually more than seven pools that make up this cascading water playground. Posted signs will tell you whether the pools are safe to swim in. The adjacent **Kipahulu Visitor Center**, ☎ 808-248-7375, www.nps.gov/hale, is open daily from 9 am to 5 pm. They sell water and souvenirs and the staff can answer any questions your have.

The weather at Kipahulu is not as dramatic as at Haleakala Crater but be prepared for light rain showers any time of the day or year due to the subtropical climate.

ORGANIC FARM EXCURSION

Ono Organic Farms runs tours every Monday and Thursday at 2:30 pm on their 30-acre certified organic farm, where you can sample papayas and passion fruits right from the tree. Other exotic fruits you may see on the 1½-hour tour include star fruit, apple bananas, lychee, rambutan, mango, avocado, breadfruit, soursop and dragon fruit. The Boerner family, which has owned and operated this farm for 30 years, also grows and harvests organic Arabica coffee at their farm just past `Ohe`o Gulch. ☎ 866-666-3276 or 808-248-7779, www.onofarms.com, for more information. Tours are $25 per person and children under 12 go for free.

Smoothie Stop: Seven Pools Smoothies is a great place to stop and take a break on your way to `Ohe`o Gulch. You can't miss it on the left side of the road although you may miss someone being there to make you a smoothie. It's hit and miss and good when you hit.

Past `Ohe`o Gulch things get even more rural and isolated. You'll see houses here and there and some mean-looking dogs. You'll also see the occasional mongoose crossing the road.

Palapala Ho`omau Church is the site of Charles A. Lindbergh's grave. It's the one dotted with American flags. He spent his last days in Hana before passing away in 1974.

Adventures on Foot

Hiking

Hike Maui, ☎ 866-324-6284 or 808-879-5270, www.hikemaui.com, has a full-day hike to the waterfalls and rainforest in Kipahulu Valley. The tour begins in Central Maui where you will be picked up and taken on an 11-hour adventure including a 4½-mile hike in the national park, views of 200- and 400-foot waterfalls and a swim through a vertical canyon to hidden waterfalls. It's a two-hour drive down The Road to Hana but the company's naturalist guides narrate the trek with historical facts, humorous anecdotes and safety instructions. The hike costs $134 per person but you may get a discount if you book online. Happy trails!

Always be aware of the weather and water level when hiking. Flash flooding can occur and you could get trapped on the wrong side of a river or stream. If you see any indication that the water is rising, immediately turn around and return to the ranger station.

Waimoku Falls Trail: This is the nicest hike on the Hana side of the island. It will take you to two spectacular water-

falls. The trek all the way to 400-foot Waimoku Falls is about four miles round-trip, but give yourself two to three hours. It begins at the ranger station and it's only about a half-mile to the lookout for the first waterfall, 181-foot Makahiku Falls. The trail then goes up to a pool on top of Makahiku Falls where you can swim. After a refreshing break, carry on and you'll pass through a meadow and a creek and then follow the trail through a bamboo forest jungle. You'll soon see the amazing Waimoku Falls.

> **Author's Tip:** Guided tours and orientation talks are conducted throughout the day by the staff at the ranger station. The schedule varies depending on the weather and availability of the staff. Call the Kipahulu Visitor Center desk at ☎ 808-248-7375 or visit www.nps.gov/hale for more information.

Kuloa Point Loop Trail is a short half-mile trek that goes up and down 80 feet. It begins as you leave the Kipahulu Visitor Center and continues past a Hawaiian Cultural demonstration area to Kuloa Point. Use caution when swimming as the streams are very dangerous in high water.

Kahakai Trail is a half-mile round-trip and extends to Kuloa Point along the shore to Kipahulu campground.

Adventures on Horseback

Maui Stables, ☎ 808-248-7799, www.mauistables.com, offers three-hour tours twice a day in Haleakala National Park. Owned and operated by native Hawaiians, this company integrates Hawaiian history and culture into the trail ride which takes you into the mouth of the Kipahulu Valley near 10,000 feet elevation down to sea level at `Ohe`o Pools. The stables are between Mile Markers 40 and 41 on Highway 37.

Hana local Charles Aki Jr. conducts trail rides and overnight trips through the Kaupo area with his company, **Charley's Trail Rides and Pack Trips**, ☎ 808-248-8209, www.tropicalgardensofmaui.com/trailrides. The trips all start from his house in Kaupo and the three-hour day-tour

will take you up the slopes of Haleakala's Kaupo Gap with the weather determining how far into the crater you can go. Day-trips are restricted to parties of four or six. Overnight tours include a stay in the National Park Campgrounds or a cabin (these must be reserved at least 12 weeks in advance). Charley will take you up the Kaupo Gap Trail through cool Koa forest and into Haleakala where you will see the rare silversword plant and the endangered nene goose. Overnight rates for parties of four to six people are $300 per person per night, including food, cabin fees and equipment. If you want to bring and cook your own food, the rate is $250 per person per night. The rate for parties of two or three people is $350 per person per night. If you're doing the overnight trip, remember to bring lots of warm clothes.

Lana`i

At A Glance

- *Nickname:* Hawai`i's Most Enticing Island
- *Area:* 141 square miles
- *Length:* 18 miles
- *Width:* 13 miles
- *Population:* 2,800
- *Highest Point:* Lana`ihale (3,370 feet)
- *Coastline:* 47 miles

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Visiting Lana`i is like going through a time warp. There's no fast food, no stoplights, no traffic, and only one gas station. The grocery stores still label all products with price tags (there are no scanners at the registers). And don't even think about asking for cash back at the only register that accepts ATM cards – the cashiers will look at you as if you're crazy. The college is smaller than my one-bedroom apartment and walking across campus takes about five seconds. It's Petticoat Junction meets Pleasantville with a special innocence that is quite refreshing.

The island of Lana`i is more than 98% privately owned by a company called Castle & Cooke and the landowner is permitting use of the property for recreational purposes without charge.

Essentially, Lana`i (the sixth-largest major Hawaiian Island) consists of the two large resorts – The Manele Bay Hotel and, seven miles away, The Lodge at Koele – plus a small town called Lana`i City. Although Lana`i is considered the smallest and least-inhabited island, it is also becoming a hot market for property as well as a tourist hotspot. Despite that, Lana`i has maintained its small-town charm.

RAINFALL

Lana`i has no lakes, rivers, streams or waterfalls. This is a very arid area which has always had problems with water (freshwater, that is) as the annual rainfall is about 31-37 inches. Many introduced crops and livestock have failed from lack of water, although a solution is in the works. In the 1930s New Zealand naturalist George Munro brought in Cook pines in an effort to conserve water. You'll see the tall, symmetrical trees as you drive around the island. The dense needles of the trees capture mist and moisture, creating a fog drip and holding the moisture closer to the ground. The water seeps down the trees into underground aquaducts that provide fresh water for Lana`i. The innovation has been lauded as a success. The increase in fresh water has been equal to an increase of three to four inches in rainfall since the trees were planted.

At an elevation of 1,700 feet above sea level and on the slopes of 3,370-foot Lana`ihale in the middle of the island, Lana`i City is the island's only community. Physically, Lana`i is special because you have beautiful beaches and warm ocean waves; then in 45 minutes you can be up in a Lake Tahoe-type environment with chilly temperatures among forests of Norfolk pines watching axis deer roam.

Did You Know? Axis deer, a smaller type of deer that look more like antelope, are native to India and originally came to Moloka`i in 1868 as a gift to King Kamehameha from the government of Hong Kong. In 1920, 12 of the animals were brought to Lana`i from Moloka`i. Today there are more deer than people on Lana`i.

Many visitors to Lana`i make the mistake of spending all their time at one or both of the resorts, never venturing far from those spots. I highly recommend a visit to the tiny block of shops and restaurants that make up Lana`i City. It has a certain charm that should not be missed.

■ History

Only decades ago, Lana`i was all about pineapples. It started in 1922 when a man named James Dole (can you see where this is going?) bought the island for $1.1 million. He brought in hundreds of workers for his 18,000-acre plantation and it quickly became a success. In fact, it was soon the world's largest pineapple plantation, shipping 250 million of the tropical fruits a year and accounting for 75% of the world's pineapple production. Many of the fields were in the Palawai Basin in south central Lana`i. The area is now used mostly for grazing.

The island economy slowly evolved away from pineapples as it was discovered that other countries could produce the fruit much more cheaply. In 1987 former pineapple executive David Murdock bought the island for $2.5 million with the intention of turning it into a tourist destination. In 1990 The Lodge at Koele opened, above, followed by The Manele Bay Hotel a year later. It has been a success story ever since as the resorts gave the former plantation workers employment and created a whole new luxury industry.

The area of Koele, where the lodge is, was the center of Lana`i's *paniolo* life in the early 1900s when Hawaiians rode horseback up the hills and through the verdant valleys. The

openness of the area is still seen around the lodge and there are abundant pastures with horses grazing behind split-rail fences.

The island's population is diverse, with Hawaiian, Caucasian, Japanese, Korean, Chinese, Puerto Rican and Filipino cultures.

Hulopo`e Beach, on the island's southern shore, was home to Hawaiians some 500 years ago and if you take the trail on the western side of the beach toward Manele Bay Hotel you will see stone ruins that were once the foundations of ancient Hawaiian thatched houses. The sites are part of the *Na Wahi Pana O Lana`i* (legendary places of Lana`i) Cultural Park, which extends from Hulopo`e Beach to Pu`u Pehe (Sweetheart Rock) and Manele Bay.

> **Did You Know?** Microsoft honcho Bill Gates married his wife Melinda here in January 1994. In order to make it a private ceremony, he rented every room on the island and bought every airline tickets to the island, as well as reserving every activity that was available.

■ Information

For more information about Lana`i call the **Maui Visitors Bureau** at ☎ 808-244-3530 ext. 16 or 808-565-7600. Or call **Destination Lana`i** at ☎ 800-947-4774. Many of your questions can also be answered at www.visitlanai.net or www.lanai-resorts.com.

Contacts

For local **emergencies**, call ☎ 911.

For non-emergencies, call the **police** at ☎ 808-565-6428.

The 10-bed **Lana`i Community Hospital**, ☎ 808-565-6411, is next to Hotel Lana`i.

Internet access is available in-room at the Manele Bay Hotel and the Lodge at Koele at $9.95 for 24 hours.

The **Launderette Lanai**, at the corner of Houston and Seventh Streets, is open daily from 5 am to 8:30 pm. They have

several coin-operated washers ($1.50 a load) and dryers (25¢ for 5 minutes).

The **post office**, ☎ 808-565-6517, is behind Mike Carroll Gallery on Jacaranda Avenue.

The 1930s-era 150-seat **Lana`i Theatre**, ☎ 808-565-7500, plays current blockbuster movies nightly. Admission is $7 for adults and $4.50 for children or seniors. Tuesday all seats are $4.50. The theatre is on Seventh Street between Lana`i and Ko`ele Avenues.

The ***Lana`i Times*** is the island's main newspaper and is published once a month (I told you there's not much going on here!).

Getting There

You can get to Lana`i by flying, taking a ferry or sailing on a catamaran. If you fly, you must first stop in Honolulu as there are no direct flights from other islands. All ferries from Maui leave from Lahaina Harbor.

By Air

There's only one airport, **Lana`i airport**, in the middle of the Palawai Basin, a large crater at the center of the island.

One commercial airline, **Island Air**, flies passengers to Lana`i daily. Smaller chrter airlines are becoming popular as heightened security and rising interisland ticket prices on commercial flights make the charters more attractive. If you have a large group of people traveling together, the charters are comparable in price although the smaller planes slower and bumpier. Either way, expect to pay about $240 per person round-trip.

Island Air, ☎ 800-652-6541, www.islandair.com, has about six flights a day to Lana`i from the commuter terminal at Honolulu Airport.

George's Aviation, ☎ 808-553-8554 or in Honolulu 808-834-2120, www.georgesaviation.com, george@georgesaviation.com, provides on-demand flights to Moloka`i, Lana`i and Maui from Honolulu. They also have private charters to

all airports within Hawai`i. Their aircraft seats a maximum of eight passengers.

Interisland Airways, ☎ 800-999-9015 or 808-836-8080, recently joined the skies and has a 30-passenger aircraft available for charters. Reservation hours are 8 am to 5 pm Monday through Friday, 10 am to 4 pm Saturday and 10 am to 3 pm Sunday.

Hawaii Airtaxi, ☎ 808-329-7157, www.HawaiiAirTaxi.com, HawaiiAirTaxi@aol.com, flies from their home base in Kailua Kona on the Big Island to Maui daily and can stop in Moloka`i or Lana'i if the demand is there. Pilot and owner Dale Allen also does private charters to all Hawaiian islands. Flights from Maui to Moloka`i are $85 but only available if two or more people are stopping there. Flights must be booked two to three weeks in advance. Hawaii Airtaxi has two planes, a Piper Chieftain Panther, which holds nine passengers, and a Piper Aztec, which carries five.

Mokulele Flight Service, ☎ 866-260-7070 or 808-326-7070, www.mokulele.com, offers flights between Hana, Kahului, the Big Island, Moloka`i and Lana`i.

Paragon Air, ☎ 866-946-4744 or 800-244-3356, www.paragon-air.com, flies between Moloka`i, Lana`i and Maui.

By Ferry

Expeditions Ferry, ☎ 800-695-2624 or 808-661-3756, www.go-lanai.com, is certified by the US Coast Guard. It makes five 45-minute trips daily between Lana`i's Manele Small Boat Harbor and Lahaina Harbor in Maui. Getting there is half the fun in this case if you sit upstairs on the uncovered ferry. The wind blows through your hair and the sun shines down on you as you watch for whales (in the winter), spinner dolphins, sea turtles and other marine life. Adults pay $25 one-way, children ages two-11 pay $20 one-way. Children under age two travel for free but must stay on the adult's lap.

Getting Around

As soon as you set foot on this fascinating island, you will get a feel for the excellent service that it's known for. Once you land at Lana`i Airport, just head to the main counter in the airport,

where they have pre-printed luggage tags waiting for you. You'll be shown to a shuttle, which will take you to your accommodation, whether it be The Manele Bay Hotel, The Lodge at Koele or Hotel Lana`i.

The same service is available if you're coming by ferry or boat and staying at the resorts. The shuttle will pick you up as long as you have a reservation and they know you're coming.

DRIVING TIMES FROM LANA`I AIRPORT TO:	
Hulopo`e and Manele Bays	30 minutes
Lana`i City	5 minutes
Munro Trail	15 minutes
Kaiolohi`a	35 minutes

Car Rental

Although the very efficient shuttle service can take you back and forth from the Manele Bay Hotel, the Lodge at Koele and Lana'i City, it's a good idea to rent a Jeep for a day or two to explore the rest of the island. Take the shuttle to Hotel Lana`i and then head west and down the hill to Lanai Avenue; then take a right and you'll see the gas station on the left. **Dollar Rent A Car** is behind the service station – ☎ 800-Jeep-808 or 808-565-7227, the island's only rental car company. Most of the exploring must be done on non-paved roads and the 4x4 Jeeps are recommended. Dollar rents these (pick from red, blue or yellow) or a Jeep Cherokee. They also have a few compact and medium-sized vehicles and minivans, but those are impractical because they can only go on paved roads and there are only 30 miles of those on Lana`i! The Jeeps are expensive ($129/day for the Wrangler, $145/day for the Cherokee) so try to get all your exploring done in one or two days. The friendly staff at the tiny Dollar counter will provide you with a map of the island, showing which areas may be inaccessible due to weather conditions.

Once you have your car and the helpful self-guided map from the rental agency, you're ready to go. **Do not** drive on the beach though – it's illegal and the company will fine you $500.

Plus you could get stuck. Radio reception is sketchy so if you need music, bring a cassette tape (that's right – cassette tapes, no CDs yet).

> **Did You Know?** Gas prices on Lana`i are at times the highest in the US. There's only one gas station, **Lana`i City Service**, 1036 Lana`i Avenue, ☎ 808-565-7227, adjacent to Dollar Rent A Car. If you don't want to pay the exorbitant gas prices, you can grab a taxi from Lana`i City Service for an exorbitant price.

Parking is very easy everywhere – the resorts, Lana`i City and Hotel Lana`i. One of the things that makes this island special is that its not crowded and there are no fees for parking at the resorts.

> **Good Value: Dollar Rent A Car** includes a coupon for 10% off any T-shirt from the Lana`i Plantation Store. There's also a coupon for 10 free shots at Lanai Pine Sporting Clays.

Tours

Adventure Lana`i Eco-Centre, ☎ 808-565-7373, www.adventurelanai.com, treklana@maui.net. They have a variety of tours available, including beginning and advanced hikes, downhill bike tours, dive adventures, surf safaris and Jeep trips that take you to Munro Trail, Garden of the Gods and Shipwreck Beach.

For a private tour of Lana`i, contact **Rabaca's Limousine Service**, ☎ 808-559-0230 or 808-559-0230 (cell), which provides luxury transportation 24 hours a day.

The ferry company that brings you to Lana`i can also help you trek around the island. **Expeditions**, ☎ 800-695-2624 or 808-661-3756, www.go-lanai.com, offers different "Explore Lana`i" packages depending upon your interest – golf, sporting clay and archery, horseback riding or a 4x4 guided tour. Packages include ferry rides and shuttle service from the harbor.

■ Shopping

Lana`i City

For the basics, there are two grocery stores (steps away from each other) – **Pine Isle Market**, ☎ 808-565-6488, and **Richard's Shopping Center**, ☎ 808-565-6047. Then there's a funny all-around shop called **International Food and Clothing**. Richard's is like an old-fashioned general store with everything from fishing lures to school supplies and kitchen appliances. The Tamashiro family has run the all-around shop since 1946 and the building was completed in the 1920s. International Food and Clothing is around the corner behind Pine Isle Market and they have a hodgepodge selection of groceries, produce, liquor, clothing, plus a huge selection of candy. Plan your trip accordingly as the shops close from noon to 1:30 pm on weekdays for lunch (or, as one resident told me jokingly, for the employees "to watch their soaps"). Even the courthouse is closed from 11:40 am to 1:30 pm for lunch.

BARGE DAY ON LANA'I

Every Thursday is barge day on the island, the day when a large boat brings in most of the grocery stores' supplies, as well as new cars and appliances for residents who have recently been shopping on other islands. Barge day is highly anticipated in the community.

The Local Gentry, 363 Seventh St (corner of Seventh and Lima Street), ☎ 808-565-9130, is open from 10 am to 6 pm Monday through Saturday. Owner Jenna Gentry has an impressive selection of clothes, gifts and souvenirs. I certainly didn't expect to find this caliber of boutique in the middle of such a tiny town. She has an upscale collection of women's shoes, socks, sarongs, dresses and tank tops, as well as fashionable island-style men's clothing.

Dis `N Dat, ☎ 808-565-9170 or 808-866-disndat. Open "10ish to 5:30ish" Monday through Saturday. The building is old (1928), but the concepts are new. This funky shop (watch your

head as there are wind chimes and other dangling decorations covering the whole ceiling) is small, crowded and full of an eccentric collection of jewelry, exotic wood sculptures and carvings, garden ornaments and antique Chinese handcrafts made out of jade, silver, bone and wood. It also has a large collection of popular "slippah jewelry" and pineapple accessories.

Gifts with Aloha... from Lana`i, 363 Seventh Street, ☎ 808-565-6589, www.giftswithaloha.com. Open from 9:30 am to 6 pm Monday through Saturday. Gifts with Aloha is a fun and diverse shop with aloha wear (shirts, hats and dresses made with bright tropical prints showing flowers, pineapples and tropical drinks). They also sell original art and photography, music, handmade pottery, Hawaiian jewelry and local toys and books.

Mike Carroll Gallery, 431 Seventh St Suite A (next to the post office), ☎ 808-565-7122, www.MikeCarrollGallery.com. Open 11 am to 5 pm Tuesday to Saturday. Open Monday on occasion or by appointment. If you're lucky you'll see Mike hard at work on one of his paintings. If not, stop by for a chat with his friendly wife, Kathy. The gallery features an extensive selection of original art, limited editions, prints and beautiful greeting cards inspired by the island's beauty.

The Heart of Lana`i Gallery, 758 Queens Street, ☎ 808-565-7815, is on the hill above Dole Park in an old restored plantation house behind the hospital. Owner Denise Hennig displays much more than just paintings and she is eager to share her collection. Hennig, in this little gem of a shop, hosts an afternoon tea from 2:30 to 4:30 pm, Tuesday through Sunday, where you can meet some of the featured artists.

The Lana`i Art Center, 333 Seventh Street, ☎ 808-565-7503, www.lanaiart.org, serves as a gallery for over 20 of the island's artists. The center was created in 1989 when local artists became involved in creating artwork for The Lodge at Koele and The Manele Bay Hotel. You can find information about ongoing classes (ceramics, painting and drawing, calligraphy, woodworking and photography, to name a few) held at the center as well as pick up art supplies and materials. The gallery hours are from noon to 4 pm Monday through Saturday.

■ Sightseeing

DRIVING TIMES FROM LANA`I CITY TO	
Polihua Beach	2 hours round trip
Luahiwa Petroglyphs	Half-hour round-trip
Garden of the Gods	1 hour round-trip
Munro Trail	2 hours round trip
Shipwreck Beach	1 hour round trip

Lana`i City

Lana`i City was built in 1924 by James Dole as a settlement for the largely Asian immigrants who were working in Dole's pineapple fields. Home to some 2,500 people, the residential area is about six blocks by 12 blocks and sits at an elevation of 1,700 feet. Most of the residents live in simple rectangular plantation homes, their yards overflowing with colorful flowers. Some houses are built up on stilts and rise four or so feet above the ground. That keeps the termites away and helps ventilation.

The two-street town is also the main shopping destination, home to most restaurants, the island's "business" district and,right in the middle of the action, is spacious Dole Park. From Dole Park just "circle the square," meaning walk up Eighth Street and back down Seventh Street, to see all of the funky shops, impressive galleries and local eateries. Visitors to the resorts can take the complimentary shuttle to Lana`i

City which will drop you off at Hotel Lana`i, which is a short walk from the town center

There are also 11 different churches, including a Buddhist temple and a 150-seat movie theater called the "Lana`i Playhouse." The 10-room hospital with its two doctors is by Hotel Lana`i. Dole Park is the epicenter of activity in Lana`i City and where most of the island's public activities take place.

FUNNY LANA`I

There are three unique wooden banks in Lana`i City which were the center of controversy when the installation of an ATM was suggested. None of the banks wanted to install one because, mounted into a wooden wall, it would be easy to steal. The community finally won and got their ATM, a cause for celebration among residents. Besides, if you did steal an ATM, where would you take it?

Lana`i Jail

This is one of the funniest things I've ever seen – the jail is smaller than a dog kennel and adjacent to the former police building. It is made out of chain-link fencing and has a wooden roof. Be careful – the police don't allow people to be photographed in the jail!

Author's Note: I'm not sure how long the old Lana`i jail will be around as a brand-new police station (for the island's seven-cop police force) and jail recently opened in November of 2005. I hope they make a historical site out of the old jail.

Kai Okahi Oka Malamalama Church

Next to The Lodge at Koele, this church was built over 100 years ago and still holds services in the traditional Hawaiian language.

Garden of the Gods (Keahikawelo)

Garden of the Gods is an out-of-this-world collection of unique, colorful rock formations on the western side of the island. Begin your trek at Polihua Road west of The Lodge at Koele. About two miles down the road you'll see a handmade sign pointing you in the right direction.

On your way to Garden of the Gods, you pass through the **Kanepu`u Preserve**, which is an area of rare native Hawaiian plant life now under protection by The Nature Conservancy of Hawaii, ☎ 808-565-7430. In fact, it is thought to be the largest remnant of the dryland forest that scientists believe once covered the medium elevation of all the Hawaiian Islands. Some 48 native species can be found at the 590-acre preserve, 1,700 feet above sea level, including *lama* (native ebony), *olopua* (native olive), *`ilihai* (endangered sandalwood), and *Na`u* (Hawaiian gardenia). The Nature Conservancy has created a 15-minute self-guided nature trail highlighting 49 species of plants that grow only in Hawai`i. Look for the marked parking lot just before Garden of the Gods.

There are several signs showing you the path to Garden of the Gods and you'll know it when you see it – a large canyon of wind-carved sand and lava formations full of stones stacked in an interesting manner. There is no grass or trees around, just a huge area with an ever-changing kaleidoscope of colors as the day goes by. It is, in fact, haunting, intriguing and baffling all at once. Beware – it is considered bad luck and is disrespectful to touch or handle any of the stones and rocks.

Munro Trail

You can drive, hike or hook up with **Adventure Lanai EcoCentre**, ☎ 808-565-7737, www.adventurelanai.com, to get to Munro Trail, where you can see the most spectacular

view on the island. On a clear day atop 3,370-foot Lana`i hale (House of the Lana`i), you can see five major Hawaiian islands: Maui, the Big Island, Moloka`i, Kaho`olawe, and Oahu. The trail is named after New Zealand naturalist George Munro, who was ranch manager of the Lana`i Ranch Company and who, in 1911-1935, began a reforestation program for Lana`i. Start your eight-mile journey about a mile north of Lana`i City at Lana`i Cemetery along Keomoku Road (Highway 44). You'll soon be climbing in a southeasterly direction through rainforests and deep canyons along Lana`i's caldera rim. Bring lots of water and snacks as this is a tough yet rewarding adventure.

> **Weather Warning:** If the island has had a lot of rain, some of the trails will be off-limits. The agents at Dollar Rent a Car will provide you with a map and tell you which trails are inaccessible. There are large fines for those who ignore the warnings.

Luahiwa Petroglyph Field

This short sightseeing jaunt will take you from Lana`i City into the Palawai Basin, once home to 15,000 acres of pineapple plants and onto a dirt road leading to ancient Hawaiian rock drawings. As you leave Lana`i City, continue down the road until you see six taller pine trees on the left side of the road between Mile Markers 7 and 8. Turn left onto the dirt road and take a sharp left after a mile. Continue on for about half a mile, keeping on the higher road, and then veer to the right. About 3/10ths of a mile farther, you'll see a large group of boulders on the right side. Walk through the grass toward the boulders to see the first petroglyphs. In all, there are 34 boulders showing the rock drawings which are a mixture of ancient and historical

styles. The drawings are very fragile and must not be touched or disrupted.

Kaunolu Village

Kaunolu is an *ahupua`a* (district) and bay in southwest Lana`i. A National Historic Landmark, Kaunolu Village contains the ruins of more than 80 homes and structures of this once-busy fishing community. The treasured ruins are scattered on a bluff along the ocean and are considered some of the best preserved in Hawaii. The area is also the sight of a *heiau* (place of worship) and a place of refuge called Halulu, which was still being used between 1778 and 1810. It is a Hawaiian historian's dream, with ancient house sites, petroglyphs, terraces and other archaeological remains. It is believed this was one of King Kamehameha the Great's favorite playgrounds.

You can get to Kaunolu only when the area has been rain-free for a while as the three-mile Jeep trail is rugged. To get there, take Highway 440 back to the Lana`i Airport from Lana`i City and after you pass the airport take a left. After about two miles, you'll turn right and then it's four miles to the ruins.

> **Maui Legend:** According to Hawaiian legend, somewhere in the Kaunolu village is a shrine to the Great Kamehameha's fish god. It's thought that the great leader ordered it to be hidden there in the 18th century.

■ Beaches & Parks

Hulopo`e Beach Park

Even though it's Lana`i's most crowded beach and the only one with any facilities, Hulopo`e is by no means crowded. The park is surrounded by mesquite trees and has a good parking area. There are also barbecue grills, picnic tables, showers and one of the best-maintained restrooms in the state. The beach is commonly called Manele Bay as it is next to the resort, but the real Manele Bay is the inlet where the boats park next to Hulopo`e Beach.

Stick to the right side or the middle of the beach for swimming, as the far left end is usually taken over by the *Trilogy* crew and guests, who are on a snorkeling tour until about noon.

Hulopo`e is part of the State of Hawaii's Manele-Hulopo`e Marine Life Conservation District. To the left of the beach are some tide pools worth exploring and if you continue hiking up the trail past the metal stairs, you'll see **Pu`u Pehe Rock** and a couple of beautiful beaches. If you're feeling adventurous, climb up the hill on the narrow path until you are on the top looking right at Pu`u Pehe Rock. You can see the makeshift memorial that was allegedly created as a tribute to a lost love.

> **Lana`i Legend:** *Pu`u Pehe Rock is also known as Sweetheart Rock. Pu`u Pehe is translated at "Pehe's Hill" and in Hawaiian legend is the place where two star-crossed loves met an unhappy fate. The story goes that Makakehau, a native Lana`ian, hid his wife Pele here in a sea cave where she apparently drowned after a large storm came in while he had left to get supplies. Makakehau, with the help of the gods, scaled the cliff carrying her body and buried her on the summit before jumping to his own death.*

Shipwreck Beach (Kaiolohi`a Bay)

To get to Shipwreck Beach, go through Lana`i City onto Keomoku Road and pass the Lodge at Koele. You'll keep going down the north side of the mountain and, when the pavement ends, turn left onto a sandy road. The road ends about 1½ miles from the paved road and it's a short hike to view the shipwreck and check out the eight-mile-long beach. It's only an eight-mile drive from Ko`ele but it takes more than 30 minutes as the unpaved dirt road is rocky. The beach is known for

its strong tradewinds and sea spray, which account for the grounding of many ships from as early as 1820 until 1942. One rusty freighter lies prominently offshore and is easy to see from the beach. The Navy tried to sink the ship after World War I (or World War II – I've heard two versions) but it wouldn't go down easy so here it is. Swimming is not recommended at Kaiolohi`a Bay, which means "choppy or changing sea," but it's a great place to beachcomb, provided the wind doesn't come up. If you're lucky you'll encounter a valuable and precious glass fishing ball that may have washed ashore. They're not used any more so they are quite the collector's item. Call me when you find one and I'll take care of it for you.

Lopa

Lopa is a gulch on the eastern side of Lana'i and has a picnic site and beach area great for sunbathing. It is also a decent surf spot when the summer south swells hit. There are four fish ponds in the area, only one of which is above sea level. To get there, take Keomoke Road (Highway 430) as if you were going toward Shipwreck Beach but, instead of turning left at Shipwreck Beach, take a right. It's a rough ride the next nine miles to Lopa. The road can be inaccessible if it's been raining.

Polihua Beach

The name Polihua comes from *poli* (bosom) and *hua* (eggs). It's famous for the green sea turtles that used to nest here. On the northern coast of Lana`i about 30 minutes past Garden of the Gods, Polihua has a "beauty and the beast" aspect to it – pretty to look at but deadly dangerous. Swimming can be very risky, so much so that it has been nicknamed "the Tahitian Express."

You need four-wheel drive to get there and if it's been raining a lot, you may not be able to pass through. Drive cautiously as the road has blind corners and you may be encountering cars coming back from the beach. When you reach the beach, turn left toward the end of the trail and it's a short stroll to the beach.

■ Adventures on Water

**Trilogy Lana`i Ocean Sports**, ☎ 1-888-MAUI-800, www.sailtrilogy.com, is the island's main activities operator and they have a full menu of land tours, private charters, whale-watching and snorkel and scuba expeditions between Maui and Lana`i.

Boogie Boarding

Hulopo`e Bay** is an excellent beach for boogie boarding but use caution during large swells and high surf. Equipment can be purchased at **Richard's Shopping Center** or the **Pine Isle Market** in Lana`i City or rented from the **Adventure Lana`i Ecocentre, ☎ 808-565-7373.

Ocean Kayaking

Adventure Lana`i Ecocentre, ☎ 808-565-7373, also rents kayak gear either by the hour or the day. You'll be provided with kayaks, towels, snorkel gear, paddles, life jackets and a dry bag. The company also has half-day, full-day and overnight snorkel/kayak excursions.

Scuba Diving

Skin Diver magazine rated Lana`i one of the top 10 snorkel and scuba diving sites in the world. Cathedrals, on the south side, has underwater caverns and clear water, making it one of the island's premier scuba spots. It got its name because at times, sunlight filters through the water and lights up the underwater grottos to a point where they resemble a cathedral.

The southeast section of Lana`i also has some great scuba destinations, including the popular **Sergeant Major** and **Sargeant Minor** sites. The Sargent Major area also has great snorkeling.

Trilogy, ☎ 888-MAUI-800 or www.sailtrilogy.com, offers an introductory class on Monday, Wednesday, Friday and Saturday. They also offer a one-tank introductory beach drive at Hulopo`e Bay Monday through Friday.

For the advanced diver, *Trilogy* offers two-tank scuba diving tours on Monday, Wednesday and Friday from 2:30 to 6 pm, where they take you through lava caves and underwater coral grottos. You might even see a white tip reef shark. There's also a sunrise scuba trip to Cathedrals on Tuesday, Thursday and Saturday for certified divers. This is a one-tank dive that gets started early before the crowds show up.

Snorkeling

Hulopo`e Bay, commonly called **Manele Bay** as it is next to the resort, has terrific snorkeling plus highly-probable sighting of a group of resident spinner dolphins that reside in the bay. The snorkeling is clear and the best viewing is in the middle and to the left if you're looking out from the beach. Steer clear of the rocks on the left – the snorkeling is just as intriguing and a lot safer if you stay above the reef in the middle of the beach.

> **Snorkel Lessons:** *Trilogy*, ☎ 888-MAUI-800, www.sailtrilogy.com, has an introduction to snorkeling class Monday through Friday followed by a half-hour guided reef tour. The tour is $30 and $15 for children under 15.

Sport Fishing

Kila Kila provides private sport fishing charters where you can try your luck at catching local game fish, including Pacific blue marlin, silver and striped marlin, yellowfin and bluefin tuna. The 53-foot luxury sport fishing boat can hold six guests and the spacious cockpit area provides a great vantage point for watching dolphins, turtles and whales (when in season, December to April). You can reach Kila Kila by calling the concierge at

either the Manele Bay Hotel, ☎ 808-565-2000, or Lodge at Koele, ☎ 808-565-4000, or by e-mail at concierge@lanai-resorts.com. They do full-day charters for $1,200, half-day for $825 or shorter whale-watching, sunset and snorkeling trips for $650.

For a more intimate trip on a 28-foot sport fisher, contact **Spinning Dolphin Fishing Charters**, ☎ 808-565-6613, or through the concierge at your hotel.

If you prefer shore fishing, try your luck along the coast where you may catch ulua, papio, halalu and akule. Lucky anglers can have their catch prepared for dinner by one of the resort's chefs. Contact the concierge at The Lodge at Koele for more information.

Whale-Watching

Prime whale-watching season is mid-December through May when the eight-mile channel between Maui and Lana`i becomes a popular vacation spot for the giant creatures who come to Hawaii to give birth. If you take the ferry between Lana`i and Lahaina during this time, you are almost guaranteed to see whales frolicking in the ocean.

■ Adventures on Land

Lana`i has 80,000 acres of countryside, perfect for hiking, biking and just plain sightseeing.

Biking

Street bikes and mountain bikes are available at the Lodge at Koele. Contact the concierge or call the lodge directly. You can cycle through Lana`i City or tackle some of the tougher mountain biking trails, such as the 14-mile round-trip excursion to Garden of the Gods or the popular all-day trek along the Munro Trail.

Croquet

The Lodge at Koele offers croquet (both British and American versions) on three lawns and all equipment is provided and instruction is available. The concierge can help you with arrangements.

> **Go Fly A Kite:** The staff at the Lodge at Koele can show you the fun challenge of *ku`ulupe*, or kite flying, on the Ko`ele lawn. Contact the concierge for more information and supplies.

Golf

The 18-hole championship **Challenge at Manele** course was designed by Jack Nicklaus and features several holes that play along the breathtaking cliffs of Hulopo`e as well as on dry seaside terrain. The course is at sea level and built on hundreds of acres of lava fields and desert-like terrain, making it more challenging. Sound enticing? Try the 17th hole with its narrow fairway across demanding cliffs.

The **Experience at Ko`ele**, recently named seventh on *Golf Digest*'s list of the top 50 courses in the United States, is at The Lodge at Koele and features rolling mountains and slight valleys situated in the Upcountry area. Designed by Greg Norman and architect Ted Robinson, this 7,017-year, 18-hole, par-72 championship course is nearly 2,000 feet above sea level, among lush vegetation and towering Norfolk Island pines with views of Maui and Moloka`i in the distance. The signature hole number 8 presents a challenging 250-foot drop in elevation from tee to green.

If all those fancy-shmancy golf courses are a little bit more than what you're looking for, check out the public nine-hole par-36 **Cavendish Golf Course**. It's on your way out of Lana`i City at the end of Nani Street if you're going toward The Lodge at Koele. There's no phone, no clubhouse, no caddies – about as low key as it gets in golf. Visitors are asked to leave a donation in the little wooden box by the first tee.

Hiking

The **Koloiki Ridge Hike** is a five-mile round-trip beginning at The Lodge at Koele and into the Koele uplands. The trail begins past the pool behind the lodge and is a little hard to find. Head inland toward the trees and you should be able to find it.

At one point, the path runs alongside another trail – the much more challenging **Munro Trail**, Lana`i's most popular hike. It traverses the 3,370-foot peak of Lana`ihale where, on a clear day, you can see five major Hawaiian islands: Maui, the Big Island, Moloka`i, Kaho`olawe, and Oahu. This one is not for beginners – bring lots of water, snacks and your camera. You'll be hiking through bamboo forests, mountain grasslands, rainforests and deep canyons along Lana'i's caldera rim. It's a rewarding hike and you'll be spending the better part of a day on the trail.

On Horseback

The **Stables at Koele** offer one- , two- or three-hour Western-style horseback rides along *paniolo* trails and through guava groves and pine forests at 1,700 feet above sea level. Long pants and covered shoes are required and you should also bring a lightweight rain jacket. Prices range from $65 to $150 per person. They also provide riding lessons, private rides, a 1½-hour sunset ride or pony rides.

Hunting

Hunting (with permit) for such game as deer, mouflon sheep, pheasants, quails and pheasants is allowed an all parts of Lana`i. Contact **Game Management**, PO Box 630310, Lana`i City, HI 96763 or ☎ 808-565-3981 for more information.

Sporting Clays

**Lana`i Pine Sporting Clays**, PO Box 310, Lana`i City, HI 96763, ☎ 808-559-4600, www.islandoflanai.com, www.reservations@lanai-resorts.com. Open daily from 9 am to 4:30 pm. On Keomoku Road (Highway 430) east of The Lodge at Koele,

Lana`i Pine Sporting Clays offers three shooting sports – sporting clays, archery and air riflery. All three can be geared toward beginners and all equipment is provided. If you're into archery, your goal is to hit the pineapple bullseye. Pricing is à la carte – choose from a package deal for beginners or experienced shooters with their own guns can pay for targets and the facilities. Round-trip transportation to and from The Lodge at Koele can be arranged.

Tennis

The **Manele Bay Hotel** and **The Lodge at Ko`ele** both have courts and private lessons. The Manele Bay Hotel's facility is open from 8 am to 6 pm and has three outdoor courts, a ball machine and racquet rental. Private, semi-private and group lessons are available and on Tuesday through Thursday they have clinics from 9 to 10 am with every day focusing on a different skill, whether it be volleys or groundstrokes.

■ Where to Eat

In the Manele Bay Hotel

☎ 800-321-4666

**Hulopo`e Court**. Breakfast is served daily from 7 to 11 am and dinner from 6 to 9:30 pm. For breakfast, choose from the abundant buffet or select à la carte items. If you're brave, go for the taro Benedict. At dinner, fish entrées are showcased, with such specialties as the Lana`i-style mahimahi, South Pacific prawns in a Thai curry sauce and a trio of island fish, including seared onaga, sautéed moi and grilled ahi. $$$

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Ihilani. Dinner is served from 6 to 9 pm Tuesday through Monday. Upscale and romantic in ambience, Ihilani (which means "Heavenly Splendor" in Hawaiian) has a French/Medi-

terranean menu with French and Italian specialties. Exotic items include a lavender honey-glazed Muscovy duck breast or baked onaga and citrus in a sea salt crust. Collared shirts and slacks are required for men as is evening resort attire for women. $$$

The Pool Grille is open from 11 am to 5 pm serving sandwiches, burgers and salads. Try the Lana`i-bred venison pastrami sandwich or the proscuitto and goat cheese pizza. $$

At The Lodge at Koele

☎ 800-321-4666

Terrace Restaurant. The restaurant faces the lodge's pond and gardens. It has a comfortable, simple feel, with wooden chairs that have pineapple-shaped backs and a fresh antherium in the center of the table. For breakfast they offer the basics – fruit, eggs, French toast, pancakes and Belgian waffles. If you're planning an adventurous day, try the "Munro Trail" breakfast – fruit juice, a muffin, granola with dried fruit, sliced pineapple and hot tea. They also have smoothies with protein powder available. The lunch menu has salads, sandwiches and pasta dishes. The Palawai bacon and brie Monte Cristo sandwich, served with a salad, was delicious. The wine list is impressive and refreshing. The view and atmosphere just beg for a glass. Dinner includes salmon, pork ribs, chicken and fish entrées. For a pupu try the macadamia nut honey-glazed prawns on a haystack of green papaya slaw. Breakfast $$; lunch $$; dinner $$$

Formal Dining Room. This ultra-fancy octagonal restaurant serves award-winning rustic American/Hawaiian fare focusing on produce from Lana`i gardens and locally-caught fish. They also have local venison, ragouts and braised meats. The setting is exquisite and you will forget that you're in laid-back Hawaii. They serve dinner only and a dress code is strictly enforced – men must wear jackets. Reservations are highly recommended. $$$$

The Challenge at Manele Clubhouse is a five-minute shuttle ride from the Manele Bay Hotel and the view is definitely worth the trip. Lunch is from 10:30 am to 3:30 pm and dinner from 5:30 to 9 pm on Thursday through Monday. For

lunch, try the Pu`upehi lobster salad or the prawn BLT sandwich. The "Afternoon Temptations" menu is served daily from 3:30 to 5:30 pm and includes ahi sashimi, crab cakes, chicken satay and char sui park baby back ribs. For fun, try "Da Big Kahuna," a tropical libation made with dark rum, vodka, gin, triple sec, Southern Comfort and Hawaiian punch and topped off with a layer of 151 proof rum. The drink is $10 but throw in the "Da Kahuna" mug for $17. Keep in mind, no logic withstanding, that this is quite a deal as the mug alone sells for $20. The dinner menu includes lamb, opakapaka, lobster and New York steak. Don't skip the yummy croissant-type rolls that come with dinner. Try to get a thatched-top table on the outside lanai, which has a beautiful view of Hulopo`e Bay with the island of Kaho`olawe and Maui's Haleakala Crater in the distance. $$$

Henry Clay's Rotisserie (in the Hotel Lana`i), ☎ 808-565-4700. Dinner is served nightly from 5:30 to 9 pm. Chef Henry Clay Richardson, a New Orleans native, serves Cajun cooking with a zesty island flair in this cozy restaurant, which even has a fireplace (rare in Hawaii). It's in a landmark building from the early 1920s and the menu revolves around meat dishes such as duck and venison, but it also includes a fresh fish catch of the day and clams, mussels and shrimp. Favorites are seafood fettuccine in jalapeno jack cream sauce and the "Rajun Cajun" Clay's shrimp. Nightly specials include "Almost Grandma's Gumbo" and free-range rotisserie roasted whole chicken. Reservations are recommended. $$$

Blue Ginger Café, 409 Seventh Street, ☎ 808-565-6363. Open daily from 6 am to 8 pm. This popular restaurant is known for its good food, mellow atmosphere and friendly service. Everything is affordable and you can choose from burgers, salads, stir fries and plate lunches. $

Pele's Other Garden, 811 Houston Street, ☎ 808-565-9628. Lunch is served from 10 am to 2:30 pm, dinner from 5 pm to whenever. This is a health-conscious deli/restaurant/oasis in a mostly local-style food world. What a nice change! It started out as a New York-style deli but has become so much more, with fresh and organic ingredients and lots of vegetarian items. It's a great place to stop by for a coffee, lunch to go for the beach or a dine-in dinner. $

> **Coffee Stop:** For your morning java jolt, stop by **Coffee Works**, 604 Ilima, ☎ 808-565-6962, for cappuccinos, lattes and Thai iced coffees, all of which can be served hot or iced. They also have ice cream and some gift items.

Canoes Lana`i, 419 Seventh Street, ☎ 808-565-6537. Serving breakfast and lunch from 6:30 am to 1 pm Thursday through Tuesday. Closed Wednesday. Formerly known as Tanigawa's Restaurant, Canoes is about as local as it gets. The building has been here since the 1920s and this small 10-table eatery has a loyal following. Breakfast and lunch are served simultaneously so you can have an omelet made with homemade corned beef hash while your friend has the Hawaiian Plate lunch with pork or chicken laulau, kalua pig, lomilomi salmon, poi, rice and macaroni salad. Basic burgers are $2 and plate lunches run from $5 to $13. Take-out is available. $

Café 565, 408 Eighth Street (at the corner of Ilima), ☎ 808-565-6622. Open from 10 am to 3 pm and 5 to 8 pm Monday through Friday. Grab a beer from the grocery store next door. They serve salads, sandwiches and pizza. The cold and hot subs are served on fresh-baked rolls. Mixed plate specials with one, two or three items. They also have huge calzones – spicy chicken or "meat lover's." Just one of them takes up half a large pizza pan. There's a pleasant outdoor courtyard area. $

■ Nightlife

Lana`i is not known for it's nightlife. Outside of the resorts, the only place to hang out at is **Henry Clay's** at Hotel Lana`i, where they have a small bar with a TV and they still close early.

If you are staying at the resorts, there's live entertainment in the **Hale Ahe Ahe Lounge** at Manele Bay Hotel from 5:30 to 9:30 pm on Tuesday, Wednesday, Friday and Saturday. The lounge is open from 5 to 11 pm and is kind of dressy, so men must wear collared shirts.

The Great Hall at The Lodge at Koele has live entertainment nightly.

■ Where to Stay

Vacation Rentals

Phyllis McOmber, ☎ 808-565-6071, mcomber@aloha.net, manages five different rental houses on Lana`i with one that sleeps eight people while the others have room for six. They all have laundry and kitchen facilities, along with cable TV.

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

Bed & Breakfasts/Inns

Dreams Come True, ☎ 800-566-6961 or 808-565-6961, is in Lana`i City and has a set of four guestrooms rented out by accommodating hosts Susan and Michael Hunter. The rooms can be rented out individually or as a villa. They are comfortable and spacious, with Italian marble bathrooms and skylights. No TVs or telephones, though. The Hunters can help you with activities around the island and Susan is a licensed massage therapist – always handy when on vacation. Breakfast includes fresh fruits from their garden, where you are welcome to browse and pick from the avocado, mango and papaya trees.

Hotels & Resorts

> **Author's Note:** The Manele Bay Hotel and The Lodge at Koele changed hands in early 2005, when they joined the Four Seasons family of luxury hotels and resorts. This changeover was eagerly anticipated by employees and guests alike.

The Manele Bay Hotel, ☎ 808-565-7700. The 30-minute trip to the 250-room hotel is bumpy but beautiful as you travel down small roads lined with Norfolk Island pines. The destination is worth it! As soon as you get off the shuttle, you're

greeted with a plumeria lei and directed to check-in. Instead of the usual wait-at-the-counter, you're pointed to a couch where the concierge will greet you and take care of business as you wait comfortably. Your bags are automatically taken to the room as the very helpful concierge answers all your questions.

The interior of the hotel is adorned with a fusion of Hawaiiana, Asian, European and Mediterranean artifacts including hunting relics, Oriental accessories and paintings by Lana`i artists. The walls are also decorated with massive Chinoiserie-inspired murals by a locally well-known artist, John Wullbrandt. It's almost like walking into a palace. The rooms are spacious and warm and the hotel has open foyers providing you with an inviting view of Hulopo`e Bay. The pool area has a Mediterranean feel to it and servers occasionally bring around skewers of fresh-cut pineapple. The lounge has free pupus from 5-6 pm. The hotel offers many scheduled activities, including a coastal fitness hike, a guided garden tour, morning stretch, water aerobics and yoga. The Manele Bay Hotel also has 13 luxurious suites exquisitely decorated and with views of Hulopo`e Bay, Kaho`olawe and, of course,

Lana`i. There are 13 of these suites and they all offer butler service. $$$$-$$$$$

Just For Kids: The Manele Bay Hotel holds a hands-down wonderful program for kids ages five-12. The **Pilialoha Children's Program** allows children to enjoy and respect the island of Lana`i and its surroundings. Activities range from fishing with hand-made bamboo fishing poles to trekking through the Manele Bay gardens in search of waterfalls, koi fish ponds and stone paths. The kids can take tennis lessons, hike up the hills at The Lodge at Koele or become friends with the *paniolos* and their horses. A full-day adventure costs $60, while a half-day costs $40.

The evening program for children on Tuesdays and Fridays includes a relay race, karaoke and walkie-talkie tag. It finishes with a movie and popcorn.

SPA ADVENTURE

The recently-renovated 6,000-square-foot **Spa at Manele** offers body and facial treatments, sauna and steam rooms, hairstyling, manicure and pedicure and massage. It is available only to guests of the hotel.

The Lodge at Koele, ☎ 800-321-4666 or 808-565-3800. More relaxed and romantic than its sister resort, the 102-room Lodge at Koele is at a cooler 1,700-foot elevation in the northeast corner of Lana`i City. The

spacious resort is surrounded by some of the tallest and oldest Cook pines on the island. Inside you'll find natural stone fireplaces, tall ceilings and an outdoor lounging area perfect for watching the sunset. There's also a 130-year-old banyan tree in the front that is just as old but not as big as Lahaina's famous banyan and a huge Norfolk Island pine on the other side. You'll cross floors made out of chocolate eucalyptus and covered with exotic Oriental rugs. In the back of the resort is a pond surrounded by flowering gardens (including an orchid house) reminiscent of an old English manor but nestled amid banyan and eucalyptus trees.

The service is impeccable, from the glass of fresh pineapple juice you're offered when you walk in to the chocolates left on your pillow during the evening turn-down. The lanai, though, with one wooden rocking chair, was plain and uninviting. The room was warm and cozy, with striped carpet, a hand-carved four-poster bed, bay window seats and blue and white checkerboard tile in the roomy bathroom. There is also a heated pool, a Jacuzzi, a library, a music room, workout facilities and Koele's Healing Arts Center, which offers massages, yoga, acupuncture and skin care treatments. $$$$-$$$$$

**Hotel Lana`i**, 828 Lana`i Ave, PO Box 630520, Lana`i City, HI 96763, ☎ 808-565-7211 or 800-795-7211, www.hotellanai.com, hotellanai@wave.hicv.net. Built in the early 1920s and nestled among Norfolk Island pines, this small, rustic 11-room inn has a cozy country feel to it, with homey quilts, hardwood floors and pedestal sinks. Each room has a ceiling fan, small fridge and a telephone. There are no TVs in the rooms, but there's one at the bar inside the adjacent restaurant, Henry Clay's Rotisserie.

The hotel has a fascinating history as it was originally built by pineapple mogul James Dole as lodging for the company's

executives. Nowadays this place is a pleasant and peaceful alternative to the uppity resorts. A self-service breakfast is set up each morning in the dining room and you're on your own for lunch. At night, the hotel's dining area turns into the highly recommended Henry Clay's Rotisserie, serving down-home country cooking, which combines island taste with Cajun cuisine. $$

Camping

Camping is allowed only at one spot – **Hulopo`e Beach Park**, which is the only beach on the island with any sort of facilities. This spacious park has well-maintained restrooms, showers, running water, picnic tables and barbecue areas. There are six campsites and each one can hold up to six people. Camping fees include a $5 registration fee plus $5 per person, per night. For more information or to reserve a spot call Park Manager Wendell Sarme, ☎ 808-565-2970, PO Box 630310, Lana`i City, HI 96763.

Moloka`i

■ At A Glance

- *Nickname:* Hawaiian by Nature
- *Area:* 260 square miles
- *Length:* 38 miles
- *Width:* 10 miles
- *Population:* 7,000
- *Highest Point:* Kamakao Peak (4,961 feet)
- *Coastline:* 88 miles

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Moloka`i is the fifth-largest island in the Hawaiian Island chain – 22 miles from O`ahu and only nine miles across the Pailolo Channel from Maui. If you do go, let's hope you like water – no point on Moloka'i is more than five miles away from the ocean.

Long and skinny in shape and only 38 miles in length, the two sides of the island are very diverse in terms of climate and geology. The west end is dry and has sand dunes and sunny beaches, including the three-mile white sand Papohaku Beach. The eastern and northern sides of the island have craggy, jagged, lush green valleys, including the highest sea cliffs in the world, some of which soar over 3,000 feet.

The locals gauge how crowded the island is by asking each other, "How many cars did you pass today?" with a sense of frustration in their voices and expressions. It's a place where no building is taller than a coconut tree, there are no stoplights, and handmade signs posted on trees voice opinions – "Cruise ships - Go Home" and "Drive Slow. This is Molokai." Everybody knows everybody, or at least their parents.

"What's your last name?" is a frequent icebreaker in conversation.

Style means nothing – there's no Gap, Old Navy or Macy's – but it's not needed. You can feel the closeness of the community by listening and watching. One day I was driving behind an older light-blue truck with "Congrats Tita" spray-painted on the back. It made me wonder if she got the truck as a graduation present, perhaps, or maybe the truck is just a mobile advertisement for someone who accomplished a great feat.

Although it's called "The Friendly Isle," the island residents have a reputation as sometimes not being so gracious to tourists. I found the people of Moloka`i to be either overly friendly or indifferent – not unfriendly, but just not jump-through-hoops so-happy-to-see-you friendly.

> **Pidgin Talk:** "Moloka`i Mo Bettah" is a phrase you'll see often around Moloka`i. It's the pidgin way of boasting that Moloka`i is the best.

The residents of Moloka`i are proud of their beautiful island. And it's a safe place to be – one of the locals was telling me about the island's only bank robbery. The teller recognized the masked man and said, "Richard, this is not Halloween. Now go home or I'll tell your mom!"

MAGICAL MOLOKA`I

The people of Moloka`i have a certain ability to poke fun at themselves, their love of the island and the fact that it is so far removed from the fast pace that the rest of the Hawaiian Islands and the mainland live by. At souvenir shops across the island you'll see definitions of life on Moloka`i. *Molokai Traffic Jam:* Two trucks stopped in the middle of the road – talking story. *Molokai Cocktail Lounge:* Any picnic table. *Molokai Blizzard:* Dropped shave-ice melting on the sidewalk. *Molokai Road Rage:* After you, brah, I got all day. *Molokai 1st Class Section:* The seat beside the pilot.

Basically, there is one road that goes across the island, although it changes names a couple of times along the way – from Highway 460 on the west side to Highway 470 in the center to Kaunakakai and then Highway 450 (commonly called Kamehameha V Highway or Kam Highway) on the east side. When I asked the rental car agent for directions, she looked at me as if I were crazy – "Take a right and then a left and you can only go up or down the road from there." But take it slow – the highest posted speed limit anywhere on the island is 45 miles per hour.

> **Inside Tip:** A common way to give directions in Moloka`i and other Hawaiian islands is to use mile markers. For example, "The Neighborhood Store in Puko`o is at Mile Marker 15," referring to the small green numbered posts you'll see on all main roads.

■ History

Moloka`i is best known as home to Kalaupapa, the peninsula on the northern shore where in the 1800s victims of leprosy were sent to die. The site is now a National Historic Park and a not-to-be-missed attraction (see page 390).

Most of the land on the western side of Moloka`i is owned by the 54,000-acre Molokai Ranch, which runs The Lodge at Molokai Ranch and the adjoining Beach Village. On the east side is gorgeous Halawa Valley, believed to be one of the oldest settlements in Hawaii.

One of the most amazing historical highlights of Moloka`i is the ancient and quite advanced fish ponds used for aquaculture. You'll see these along the coast, mostly as you drive along the southern coast toward Halawa Valley.

■ Information

The **Moloka`i Visitors Association**, ☎ 800-800-6367 or 808-553-3876, www.molokai-hawaii.com, mva@molokai-hawaii.com. Open 8:30 am to 5 pm Monday through Friday, it's at the corner of the Kam Highway and Kamo`i St, next to Dave's TV and across

from the Molokai Drive Inn. The staff can provide you with information and help you with directions or travel planning.

To find out what's going on during your visit to Moloka`i, visit www.molokaievents.com, or call ☎ 808-552-2800 or 808-553-3926.

Contacts

For local **emergencies**, ☎ 911.

For non-emergencies, call the **police** at ☎ 808-553-5355 or the **fire department** at ☎ 808-553-5601.

Moloka`i General Hospital, in Kaunakakai, ☎ 808-553-5331.

The **post office**, ☎ 808-553-5845, is in downtown Kaunakakoi.

Molokai Drugs, ☎ 808-553-5790, in the Kamo`i Professional Center off Ala Malama Street in Kaunakakoi, is the island's only full-service pharmacy.

The coin-operated **laundromat** is behind Outpost Natural Foods in Kaunakakai.

The island has two weekly **newspapers**, *The Dispatch*, which comes out on Thursdays, and the *Molokai Advertiser-News*, published on Wednesdays. Both are free, although *The Dispatch* seems to be the traditional paper, whereas *The Advertiser-News* calls itself "The Militia of Molokai's Community Newspaper."

■ Getting There

You can get to Moloka`i by flying or taking a ferry. If you fly, you must first stop in Honolulu, as there are no direct flights from other islands. All ferries from Maui leave from Lahaina Harbor.

By Airplane

The tiny main airport is called Ho`olehua Airport (although everyone will know what you mean if you say "Moloka`i Airport") and consists of one waiting room with 23 seats. A small gift shop is inside the terminal.

Outside, near the parking lot, is a tiny (only three small tables) lounge with coffee and pre-made sandwiches.

Another airport at Kalaupapa is used mainly to deliver supplies and to transport tourists who are part of the Damian tour of the peninsula.

One commercial airline, Island Air, flies passengers to Moloka`i daily, although some smaller airlines that charter flights are becoming more popular as heightened security and rising prices on commercial flights make the charters more attractive. If you have a large group of people traveling together, the charters are comparable in price, although the smaller planes are slower and are bumpier.

Either way, expect to pay about $240 per person round-trip.

Island Air, ☎ 800-652-6541, www.islandair.com, has daily flights to Moloka`i from the commuter terminal at Honolulu Airport.

Pacific Wings, ☎ 888-575-4546, occasionally goes to Moloka`i (mostly in the busy seasons).

George's Aviation, ☎ 808-553-8554 or in Honolulu 808-834-2120, www.georgesaviation.com, george@georgesaviation.com, provides on-demand flights to Moloka`i and Maui from Honolulu. They also have private charters to all airports within Hawaii. Their aircraft seats a maximum of eight passengers.

Interisland Airways, ☎ 800-999-9015 or 808-836-8080, recently joined the skies and has a 30-passenger aircraft available for charters. Reservation hours are 8 am to 5 pm Monday through Friday, 10 am to 4 pm Saturday and 10 am to 3 pm Sunday.

Molokai Air Shuttle, ☎ 808-567-6847 or from Honolulu 808-545-4988, has daily flights between Moloka`i and Honolulu.

Hawaii Airtaxi, ☎ 808-329-7157, www.HawaiiAirTaxi.com, HawaiiAirTaxi@aol.com, flies from their home base in Kailua Kona on the Big Island to Maui daily and can stop in Moloka`i or Lana'i, if the demand is there. Pilot and owner Dale Allen also does private charters to all Hawaiian Islands. Flights from Maui to Moloka`i are $85 but are only available if two or more people are stopping there. Flights must be booked two to

three weeks in advance. Hawaii Airtaxi has two planes, a Piper Chieftain Panther that holds nine passengers and a Piper Aztec, which carries five passengers.

Mokulele Flight Service, ☎ 866-260-7070 or 808-326-7070, www.mokulele.com, offers flights between Hana, Kahului, the Big Island, Moloka`i and Lana`i.

Paragon Air, ☎ 866-946-4744 or 800-244-3356, www.paragon-air.com, flies between Moloka`i, Lana`i and Maui.

By Ferry

The Molokai Princess, ☎ 808-667-2585 or 808-662-3355, www.molokaiferry.com, leaves Lahaina at 6:30 am Monday through Saturday and departs Kaunakakai at 5:30 am and 2:30 pm. On Sunday the ferry leaves Kaunakakai at 4:45 pm and then leaves Lahaina at 5:15 pm, returning at 7 pm. Fares (not including tax) for the 90-minute crossing over Kalohi Channel are $40 one-way for adults and $20 for children.

> **Money Saver:** If you've got several people in your party, you can save money by buying a book of six one-way adult tickets for $185 plus tax. If needed, you can exchange one adult ticket for two children's tickets.

■ Getting Around

Car Rental

Big-name car rental agencies, such as **Budget**, ☎ 808-567-6877, and **Dollar**, ☎ 808-567-6156, both have counters at the airport. There are also some homegrown agencies, such as **Island Kine**, ☎ 866-527-7368 or 808-553-5242, www.molokai-car-rental.com, info@molokai-car-rental.com, which will pick you up at the airport. and **Molokai Outdoors Auto Rental**, ☎ 808-553-4477.

Renting a car is easy. If you have a reservation, as soon as you get off the plane, the agents are right outside the gate. No shuttle buses or long lines. After I signed my paperwork, the agent pointed to a blue car in the parking lot and told me it

was mine. No walking up and down the parking lot aisles looking for C-4 or H-11.

If you're headed to the Lodge and Beach Village at Moloka`i Ranch and don't want to rent a car, call **Molokai Off-Road Tours**, ☎ 808-553-3369, or **Moloka`i Outdoor Activities**, ☎ 808-553-4477, for assistance.

DRIVING TIMES FROM HO`OLEHA AIRPORT TO:	
Halawa	2 hours
Kaunakakai	15 minutes
Kepuhi Beach	30 minutes
Mapuleh	25 minutes
Maunaloa	15 minutes
Pala`au State Park	15 minutes

Tours

The **Molokai Princess Ferry Company**, ☎ 877-500-6284 or 808-662-3355, www.molokaiferry.com, provides a guided tour of the island. Included are the ferry ride, lunch and a van ride to the Kalaupapa lookout, coffee and macadamia nut plantations, ancient fishponds, Kaunakakai and the `Ili`ili`opae Heiau. The cost is $159 for adults and $99 for children. If you want to drive yourself, they have a package deal for the ferry ride plus the use of a compact rental car for $149 for the driver, $80 for additional riders and $40 for children.

Molokai Off Road Tours, ☎ 808-553-3369, www.molokai.com/offroad, mort@aloha.net offers tours in an air-conditioned van and they can arrange to pick up passengers coming on the ferry or provide air transportation from Maui or Oahu. There are several tours to choose from, including the Molokai Highlights, which is fully narrated and covers Kalaupapa Lookout, Father Damien's Church, the ancient fish ponds and Kaunakakai.

■ Kaunakakai

Orientation

Moloka`i's main town of Kaunakakai consists of one dusty thoroughfare of one-story buildings that resembles the Wild, Wild West more than a tropical island. You can almost imagine stagecoaches and gunslingers as part of the picture. The buildings are old but enchanting and offer several dining choices, plus an odd assortment of shops.

The main drag is **Ala Malama Street**, which turns off Highway 460. This is Moloka`i's business district (if you can call it that!) where you'll find a string of restaurants, shops and activities.

Shopping

As you turn onto Ala Malama Street from Highway 460, you'll see the **Molokai Center** across from the library. Don't miss **Kamakana Gallery**, ☎ 808-553-8520, www.kamakanagallery.com, upstairs from American Savings. Owner Jule Kamakana has collected a fascinating variety of arts and crafts, creating a must-see stop for visitors and residents. The gallery features over 100 Moloka`i artists and everything in the shop is made on the island. Browse through the spacious gallery and admire the hand-etched glassware, red-dirt pottery, handcrafted wood bowls and oil, acrylic and watercolor paintings. A jewelry counter in the middle of the shop contains rare hand-strung Ni`ihau shell jewelry and gold and silver Hawaiian-design bracelets, necklaces and earrings. You will also find an interesting collection of hula implements, poi pounders and ukuleles. The gallery is open from 9:30 am to 3:30 pm Tuesday through Friday and from 10 am to 2 pm on Saturdays. They are closed on Sundays and Hawaiian holidays.

In a barn-like structure with young plumeria trees growing out of cans in front, **Outpost Natural Foods**, ☎ 808-553-3377, is open from 9 am to 6 pm Monday through Friday, 10 am to 5 pm Sunday and closed Saturday. It's a small, crowded but surprisingly well-stocked health food

store. They have fresh Moloka`i fruits and vegetables, a frozen food section and lots of spices and seasonings. They also carry herbal remedies, soaps and other toiletries although you may have to dust off some of the packaged items. The shop also has a healthy, affordable lunch counter where you can purchase sandwiches, burritos, salads (try the taco salad) and soup.

The **Molokai Fish & Dive**, ☎ 808-553-5926, www.molokaifishanddive.com, is open 8:30 am to 6 pm Monday through Friday, 8 am to 6 pm Saturday and 8 am to 2 pm on Sunday. Besides being a great place to plan your Moloka`i water and land adventures, this is a souvenir gold mine with original Moloka`i-designed T-shirts and hats, books about Moloka`i and Father Damian, and other souvenirs and knick-knacks. They also rent snorkel equipment, either separately or as a set, boogie boards, filled ice chests and fishing rods and reels. Next door is **Molokai Island Creations**, with island jewelry, comfortable island wear, swimsuits, slippers, men's aloha shirts, and children's wear. The shop also has an extensive collection of sunscreens and Hawaiian-made lotions and soaps.

Molokai Wine & Spirits Unlimited, ☎ 808-553-5009, has a great beer and wine selection as well gourmet cheeses and other snacks. Pick up a "Molokai Mo Bettah" lighter or wine opener as a unique souvenir.

Mango Mart is in the next building and this shop is actually three buildings connected by a passageway through the middle. Here you will find a hodgepodge selection of everything from baby supplies and ironing boards to wine glasses and home permanents. There's no apparent order to the store – next to the electronic section you'll see a revolving refrigerated dessert carousel with cheesecake and banana cream pie. One section is more of a grocery store, ☎ 808-553-8232, and has fresh fruits and vegetables, over-the-counter medications and souvenirs. Another is a deli, ☎ 808-553-8170, with sandwiches, plate lunches, salads and desserts. They also have a large selection of videos, DVDs and video games available for rent. Mango Mart is open from 8 am to 8 pm Monday through Saturday and 8 am to 6 pm on Sundays.

Across the street is the **Imports Gift Shop**, one of the few places on the island where you will find trendy Quiksilver and Roxy clothing and accessories. They also carry Moloka`i-made arts and crafts, jewelry, postcards and note cards.

Next up is the small **C. Pascua Store**, with cold drinks, snacks and essentials, such as slippers (flip flops), sunscreen and other toiletries. Don't grab a copy of the *Honolulu Advertiser* newspaper though – those are for subscribers only.

If you do want the paper, head across the street to the **Friendly Market Center** where, if you're lucky, they'll have a copy of the *Maui Times* and the *Honolulu Advertiser*. This is the island's main grocery store and it can be very crowded as it has small, narrow aisles that can barely accommodate the shopping carts. You will find a full selection of island seafood, produce, meat health food, beer, wine and liquor. If you're under 40, be prepared to get carded if you buy alcohol. The Friendly Market is very strict in its enforcement of the liquor laws. I know this from an experience and I had to leave empty-handed. The Friendly Market Center, ☎ 808-553-5821, is open from 8:30 am to 8:30 pm Monday through Friday and 8:30 am to 6:30 pm on Saturday. Closed on Sundays.

On the east end of Ala Malama Street is **Stanley's Coffee Shop Gallery**, ☎ 808-553-9966 or 808-558-8996. Open 6:30 am to 4 pm Monday through Saturday with Internet service (two computers available). This spacious coffee shop has lots of booths, counter space and doubles as a gallery for artist/owner Stanley Theodore Ort's artwork. His upstairs gallery has original drawings, paintings and sculpture for sale by Moloka`i artists. There's also a children's corner with books, a chessboard and magazines. Besides coffee and espresso, Stanley's offers hot dogs, bagels, muffins and desserts.

Right after the Friendly Market Center, Kamo`i Street runs off Ala Malama Street and, as you drive down it, you'll see **Molokai Drugs** inside the Kamo`i Professional Center. Originally established in 1935, this is the only full-service drugstore on Moloka`i. You will find much more than pharmaceuticals here – they've got souvenirs, books on Hawaii, cosmetics, sunglasses, etc. Molokai Drugs is open from 8:45 am to 5:45 pm Monday through Saturday.

Next door is **Kamo'i Snack-n-Go**, ☎ 808-553-3742, open 9 am to 9 pm Monday through Saturday and noon to 9 pm on Sunday. This is a Moloka`i-style convenience store with **Dave's Ice Cream** shop inside. There's also **Codi's lunch wagon**, ☎ 808-553-3443, in the parking lot behind Kamo`i Snack-n-Go. On the corner of Kamo`i Street and the highway is **Molokai Drive Inn**, ☎ 808-553-5855, a greasy spoon drive-up restaurant with local food and milkshakes.

On the other side of the highway is a shopping center that houses **Molokai Surf**, ☎ 808-553-5093, a great place to pick up surf equipment, accessories, clothing and information about watersports on Moloka`i.

Sightseeing

Church Row

As you're driving toward Kaunakakai on Highway 450, you'll pass Church Row, a line of one-room multi-denominational churches across from Kapuaiwa Coconut Grove. One even has a "No Smoking" sign next to the front door. Who smokes in church, anyway?

Moloka`i Wharf

Instead of turning left onto Ala Malama Street, take a right on Wharf Road and you'll see the Moloka`i Wharf. The local hangout spot is a nice place to watch the waves or just shoot the breeze.

Beaches & Parks

One Ali`i Beach Park

Right on the highway as you leave Kaunakakai heading west, One Ali`i Beach Park is the oldest public beach park on the island. There's a large pavilion with park benches for you to sit in the shade as well as restrooms and outdoor showers. Swimming is generally safe here.

Kapuaiwa Coconut Grove/Kiowea Park

Across from Church Row is this huge grove of coconut trees (watch your head!). At press time the grove and neighboring park were closed while facilities were being upgraded.

Adventures on Water

Most of the fishing, snorkeling, whale-watching and sailing expeditions leave from the wharf in Kaunakakai. There are two excellent outdoor activity headquarters on Moloka`i to choose from – **Molokai Fish & Dive**, ☎ 808-553-5926 or 808-552-0184, www.molokai-fishanddive.com, which is on Ala Malama Street, and **Molokai Outdoors**, ☎ 808-553-4477 or 877-553-4477, www.molokai-outdoors.com, which is inside the lobby of the Hotel Molokai on Kamehameha V Hwy. Both centers can provide information on booking Moloka`i activities and tours including ocean kayaking, horseback riding, boat charters, waterfall tours, mountain biking, whale watching, hiking or fishing. They can book group tours or customize an adventure for you. A detailed activity schedule from Molokai Fish & Dive can be downloaded from their website.

Ocean Kayaking

Molokai Fish & Dive, ☎ 808-553-5926, offers guided tours of Hawaii's largest barrier reef on the south shore of Moloka`i. Kayak down the coast alongside sea turtles and explore Samoan crab ponds as the trade winds gently push you to your destination. Lunch and beverages are included, as is the boat tow back to the wharf.

In the summer months, you can kayak the north coast of Moloka`i and gaze up in astonishment at the world's tallest sea cliffs at 3,000 feet.

Sailing

For a quick two- or three-hour tour around Moloka`i or a two- or three-day trip around Lana`i, Maui and Moloka`i, call **Gypsy Sailing Adventures**, ☎ 808-558-8128 or 808-937-0808, www.gypsysailing-adventures.com, gypsysail@wave.hicv.net. Join Captain Richard Messina and his wife Connie Rigdon, who have gen-

eral tours or customized trips, whether it be a three-island tour visiting Lana`i, Maui and Moloka`i or a personal tour during the summer months along the north shore of Moloka`i, where you can view the world's tallest sea cliffs. All tours take place aboard a 33½-foot catamaran named *Star Gypsy*, which has three staterooms, a full galley and a large salon. Day-trips are $300 for a two-hour sail and $50 for each additional person, with a six-person maximum. Whale-watching tours in the winter are $75 per person for 2½ hours with a two-person minimum. Longer overnight inter-island cruises have a four-person maximum and start at $750 a day. Richard and Connie show their love for sailing and give their guests a true sailing experience by doing what they like to do themselves when they cruise the islands.

Richard and Doris Reed are also happy to take passengers aboard the curiously-named *Satan's Doll*, a 42-foot sloop built in Portland, Oregon. Working under the name **Molokai Charters**, ☎ 808-553-5852, the Reeds have been providing snorkel and sail tours since 1975 (minus the four years they recently spent sailing around the world). Sunset sails are $40 per person, half-day tours are $50 and a full-day trip will cost $90 per person. There is a minimum of four persons per trip and they take Visa and MasterCard.

Scuba Diving

Moloka`i is uncrowded and offers many opportunities for divers to experience the most secluded dives of their lives. Most of Moloka`i's diving takes place on the east side and the sites have colorful names, such as Fish Bowl, Fish Rain, Hole-in-the-Wall (look for the small peak jutting out) and The Cove. The south side of the island has Hawaii's longest barrier reef and is also a premier scuba spot.

Molokai Fish & Dive, ☎ 808-553-5926, can help you with scuba trips and equipment rental. They have full-day dives as well as night dives.

Sportfishing

Join **Joe "Captain" Reich**, ☎ 808-558-8377, aboard his 31-foot sportfisher, *Alyce C.*, for a half- or full-day charter ($150/$275). You'll depart from Kaunakakai

Wharf and try your luck at catching ahi, mahimahi, ono, ulua or Pacific blue marlin. Captain Reich has been sailing for more than 30 years. If fishing isn't your thing, he is also available for whale-watching in the winter and interisland charters all year round.

The **Molokai Fish & Dive**, ☎ 808-553-5926, can arrange sportfishing tours. Call or visit them right in Kaunakakai town.

Adventures on Land

Biking

Moloka`i has 120 miles of trails on 55,000 acres just ready to be explored. **Molokai Fish & Dive** has an amazing Na`iwa sea cliff bike ride for intermediate riders. The ride takes you to a spot overlooking the Kalaupapa peninsula and the world's tallest sea cliffs on Moloka`i's north shore. Another ride takes you through the very untropical, desert-like 1,100-foot downhill trail from Maunaloa to Kaupoa Beach Camp. Grab the shuttle back up to the lodge or attempt to bike back up the slope. The company also rents bikes by the day or week. Visit them at the outfitters center in The Lodge at Moloka`i Ranch in Maunaloa.

Sport Shooting

Molokai Fish & Dive, ☎ 808-553-5926, offers unique marksmanship opportunities, such as a sporting clays course with 12- or 20-gauge shotguns or a pellet course for beginners or advanced shooters. They can also help you with paintball adventures and bow hunting (archery), if that's your passion.

Adventures in Air

Air Shuttle Tours

Molokai Air Shuttle, ☎ 808-567-6847, provides tours of Kalaupapa settlement and aerial tours of North Moloka`i for $52 per person. **Paragon Air**, ☎ 800-428-1231 or 808-244-3356, www.paragon-air.com, provides private charters and tours, including an aerial tour of North Moloka`i and a land tour of the rest of the island.

Helicopter Rides

Helicopter tours of Moloka`i are available from Maui and include the western side of that island and then a quick flight to Moloka`i with a sweep of the breath-taking sea cliffs on the island's north shore.

Blue Hawaiian, ☎ 800-745-2583 or 808-871-8844, www.bluehawaiian.com, has the quieter Eco-star helicopters that have three video cameras installed. The pilot switches them back and forth to create a DVD of your individual trip that can be purchased later.

Air Maui, ☎ 808-877-7005, www.airmaui.com, offers Internet booking discounts. The staff is friendly, enthusiastic and helpful.

Sunshine Helicopters, ☎ 808-871-0722, www.sunshine-helicopters.com, sales@sunshinehelicopters.com, provides tours on their "Black Beauties" (either an Astar six-passenger or the WhisperStar seven-passenger helicopter) with a five-camera video system. Sunshine offers first class seating on its WhisperStar helicopter where they replace the three-seat front section with two seats, allowing for more arm and leg room and better viewing.

Mauiscape Helicopters, ☎ 808-877-7272, www.mauiscape.net, info@mauiscape.net, uses two different kinds of helicopters on their tours – the American Eurocopter or the less expensive Robinson R-44 Raven.

Where to Eat

As you take the left onto Ala Malama Street, you'll see **Mrs. K's Concession**, ☎ 808-553-3201, on the right. Look for the neon light sign downstairs at the Moloka`i Center. This tiny snack shop has cheap sandwiches, burgers, plate lunches and a freezer full of ice cream bars. $

Big Daddy's Restaurant, ☎ 808-553-5841, has inexpensive Filipino and local-style food along with a shave ice counter. Next store is Big Daddy's store, mostly stocked with empty shelves. $

Down the street is the **Kanemitsu Bakery and Coffee Shop**, ☎ 808-553-5855. Small in structure but huge in reputation, they are an institution in town. The sparse,

cafeteria-like interior has a counter where they sell their homemade bread, pastries, lavosh (try the taro or macadamia nut) and cookies. The bakery is officially open from 5:30 am to 6:30 pm daily except for Tuesday when it is closed all day. Unofficially, I heard you could pick up loaves of bread in the back of the building at 11 pm. $

Continue down the road and, after it divides into two roads, you'll see **Stanley's Coffee Shop Gallery**, ☎ 808-553-9966. It's open 6:30 am to 4 pm Monday through Saturday. Next is the small three-table café called **Sundown Deli**, ☎ 808-553-3713. Open 7 am to 4 pm Monday through Saturday. Besides breakfast, the Sundown has gourmet saimen, soups, salads and sandwiches. It's a great place to grab a sandwich before you trek out to Halawa Valley. $

Next door is **Oviedo's** lunch counter, ☎ 808-553-5013, which serves Filipino delights such as tripe stew, pig's feet and sweet and sour ribs. They also sell ice cream. $

Hula Shores at Hotel Molokai, ☎ 808-553-5347, is open daily from 6 am to 9 pm. The "usually but not just for mornings" menu includes French toast, pancakes, eggs, loco moco, eggs Benedict and omelets. Half-orders are available. For lunch and dinner, the all-you-can-eat salad buffet is offered from 11 am to 9 pm. All sandwiches and burgers come with choice of tiki slaw, French fries, wedge fries and macaroni, potato or green salad. At lunch, try local favorites, such as hamburger steak with brown gravy, sautéed mushrooms and onions or honey-dipped chicken thighs or furikake beer-battered mahi mahi. Pupus include shrimp cocktail, calamari, chicken wings, dim sum, pork riblets and ahi poke, to name a few. A good bet is the pupu sampler where you get to choose three appetizers to create your very own pupu platter. I had deep-fried Camembert with cranberry sauce, ahi poke and pork spring rolls. Delicious! For dinner, try shrimp Kaupaiua that is breaded with coconut flakes then deep-fried with coconut sauce or shrimp scampi over angel hair pasta. Every night of the week has its own theme, from Vegan Delight on Thursday, Stir Fry Monday Mania and Mauka to Makai (mountain to sea) specials on Saturday. Breakfast $; pupus $; lunch $; dinner $$

The **Paddlers' Inn**, ☎ 808-553-5256, recently opened in the Lucy Wilhelm Building on King Kamehameha V Highway. They are open from 11 am to 8:30 pm Monday through Saturday and hope to eventually open for breakfast. The restaurant has indoor and outdoor dining areas and two bars with large flat screen TVs. The décor revolves around the Moloka`i paddling community with photos of paddlers decorating the walls. The kitchen, headed by Aunty Rose Mawai and chef Kalani Kahookano, serves Island and American cuisine including seafood pasta, fresh fish, ribeye and New York steaks. $$

If you take a left toward the wharf at the main intersection at Kaunakakai, you'll see **Moloka`i Pizza Café and Restaurant**, ☎ 808-553-3288. Open 10 am to 10 pm Monday through Thursday, 10 am to 11 pm, Friday and Saturday, and 11 am to 10 pm on Sunday. This sparse, air-conditioned restaurant has surprisingly good pizzas, many of which are named after the Hawaiian Islands (try the Lanai, made with Hawaiian pineapple). They also serve salads, submarine sandwiches, burgers, pastas and chicken, fish and rib dinners. Wednesday is Mexican night with popular south-of-the-border entrées served for dinner. If you're waiting for take-out, there are three mechanical rides for kids to kill the time. There is no alcohol available and they don't take credit cards. $$

Next door is a Christian bookstore/coffee shop called **Solid Grounds Café**, ☎ 808-553-9925, open 6 am to 4 pm Monday through Friday and 6 am to noon on Saturday. They serve coffee, espressos, tropical smoothies, sandwiches and other snacks, along with a little inspiration. $

A **Subway** sandwich shop is in the shopping center on the right side of the highway. $

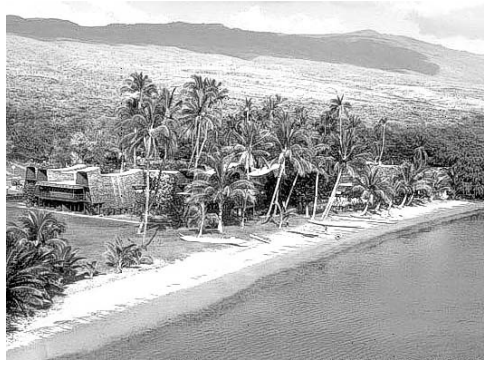
Nightlife

Moloka`i nightlife can be summed up in two words: **Hotel Molokai**, ☎ 808-553-5347. One of only three bars on the island (the others are the **Paniolo Bar** at The Lodge at Molokai Ranch and the **Paddlers' Inn**), Hotel Molokai is a fun, Polynesian-themed throwback from the early '70s. For the days leading up to it, all I heard about on the island is "Aloha Friday," the biggest day of the week on

Moloka`i when everyone meets for Happy Hour and to listen to the Kapunas play ukulele and slack-key guitar and sing traditional Hawaiian songs. For their finale, the band has everyone in the whole open-air cocktail area stand up, hold hands and sing "God Bless America" and "Hawai`i Aloha." Don't worry if you don't know the words – song sheets with the Hawaiian and English translations are passed out among the crowd.

Where to Stay

The most popular moderately-priced place to stay (it's got one of the island's three bars) is **Hotel Molokai**, ☎ 800-535-0085 or 808-553-5347, www.marcresorts.com, aloha@marcresorts.com. It's on Kamehameha V Hwy about 10 minutes from the airport and about a mile and a half east from the center of Kaunakakai. This fun Polynesian playground is made up of 45 rooms in chalet-style units, each with a private lanai. The property, run by Marc Resorts, is full of plumeria trees; the restaurant and pool sit next to Kamiloloa Beach alongside swaying palm trees reaching out to the ocean. There isn't much beach but the sunsets are memorable and the atmosphere is pleasant. In the middle of the resort is the bar/restaurant and a swimming pool. All rooms, small with slanted roofs, have cable TV and fans. You can definitely tell this is an older property – the sheets are thin and the mattresses soft. Parking is free and the Moloka`i Outdoors activities desk in the lobby can help you plan your days on the island.



Condominiums

Molokai Shores Kamehameha Highway, ☎ 808-553-5954, www.marcresorts.com, before Hotel Molokai about 1½ miles east of downtown Kaunakakai, this oceanfront 102-unit com-

plex is a member of the Marc Resorts family. The one- and two-bedroom units have fully-equipped kitchens, TV and ceiling fans. The property includes laundry facilities, a barbecue area, a swimming pool and shuffleboard. Grab a lime off of one of the many trees here and use it to make mango margaritas or add to your favorite Hawaiian fish recipe. Booking through the Internet can bring substantial discounts. One-bedroom unit $$; two-bedroom $$$

Camping

On the west side of the island, camping is allowed at **Papohaku Beach**. This is a nice spot and amenities include restrooms, drinking water, outdoor showers, barbecue areas and picnic tables. Camping is limited to three days and the cost is $3 per person per night. You can also camp at **One Ali`i Beach Park**, which has a large pavilion with park benches and restrooms and is roadside just west of Kaunakakai. To get permits for either of these parks, contact the **Maui County Parks Department**, PO Box 526, Kaunakakai, HI 96748, ☎ 808-553-3204.

On the north side, camping is permitted at **Pala`au State Park**. It's at a cool, higher elevation and is adjacent to the Kalaupapa lookout and Phallic Rock. Camping is free but you must still get a permit from the **State Division of Parks**. ☎ 808-567-6618 for more information.

The **Department of Hawaiian Homelands**, ☎ 808-567-6104, offers camping one mile west of Kaunakakai.

■ Kalaupapa

Orientation

Molokai's best-known visitor attraction is Kalaupapa, a five-square-mile peninsula that was once a place of exile for sufferers of leprosy (now called Hansen's Disease). The scenic and isolated peninsula is surrounded on three sides by white-capped waves and with a steep, craggy three-mile-high sea cliff on the fourth side. Now a National Historic Park, a tour of the former settlement is a lesson in endurance, personal tragedy, ignorance and hope.

LEPROSY

Kamehameha V

Leprosy was first observed in 1835 and its spread was soon recognized. In 1865, the Kingdom of Hawaii passed an "Act to Prevent the Spread of Leprosy," signed by King Kamehameha V. Soon afterwards, the first "shipment" of patients was made in January of 1866 and consisted of nine men and three women. Eventually, 8,000 sufferers were sent to Kalaupapa. Sulfone drugs developed in the early 1940s helped put the disease in remission and made it so it was no longer contagious. The words "leper" and "leprosy" are no longer used and considered very hurtful and comparable to the "N" word. Instead, the words "patient" and "Hansen's Disease" are substituted. In 1969, the law was changed and decreed that remaining patients could stay at 8,725-acre Kalaupapa as long as they like. At press time there were fewer than 40 patients left at Kalaupapa and graves outnumber patients nearly 200 to 1. The average age of a patient at Kalaupapa is about 75 or 76. On December 22, 1980, the area was designated a National Historic Park.

Information

You can hike, fly or take a mule down to the Kalaupapa peninsula but all tours must be arranged and access is strictly regulated. Whichever way you decide to go, all visitors congregate in one spot for a guided tour provided by Damien Tours.

If you fly, it's one of the world's shortest flights at five minutes. If you hike or take a mule, you'll go down a treacherous 2.9-mile-long vertical cliffside trail (including 26 severe switchbacks) built in 1887 to haul food and medical supplies down to the peninsula.

Mule Ride to Kalaupapa

Moloka`i legend Buzzy Sproat, owner of **Moloka`i Mule Rides**, ☎ 800-567-7550 or 808-567-6088, www.muleride.com, damules@aloha.net, personally trains each of the mules used on the 1,700-foot trail down a sea cliff to Kalaupapa. This trip is world-famous and highly recommended. Once in Kalaupapa, you are escorted to a bus for a tour where you will learn about the leper colony, its people, and incredible stories of struggle, human suffering and courage, faith and love. You will also learn about Father Damien and visit the church he built.

The trip begins at 8 am sharp and, depending on how many people are on the tour, usually brings you back to the stables at about 3 pm. Although most of the trail is shaded, long pants and comfortable shoes are advised. Reservations are also highly recommended as this trip is very popular and there's only one tour per day. And, sorry kids, state law mandates that children under 16 are not allowed on Kalaupapa.

Three guides accompany the riders, usually around a dozen guests. The mules travel at a slow pace and tend to step just inches from the edge of the cliff. The leisurely stride makes it easy to enjoy the heart-pounding views of this gorgeous and isolated peninsula. The journey down the cliff takes about 90 minutes and it's easy to see how far you've gone as the switchbacks are numbered with little stakes stating which turn you're at. As you travel down the path, you may see a mongoose, wild pigs and goats. At the bottom is a large patch of tobacco plants.

When you arrive at Kalaupapa, Damien Tours will take you around the community. The guide (usually patient Richard Marks but, on the day I was there, a guide named Pat) gives you an intense and emotional history of the peninsula. He described how in 1865 the Kingdom of Hawaii passed an "Act to Prevent the Spread of Leprosy" and provided a "place set apart" for patients. He also tells stories of current and deceased patients, their histories and how they ended up in Kalaupapa.

Father Damien

Much of the tour is focused on Belgian missionary Father Damien De Veuster who came to Kalaupapa in 1873 to minister to the needs of the dying. He ended up spending the rest of his life there, finally succumbing to the disease in 1889.

On the tour you'll pass the old slaughterhouse, the remains of the hospital (a fire in 1990 destroyed the building after attempts to start the community's fire truck failed), the Mother Marianne library, the store and gas station, which is normally open from 7 to 10:30 am.

You'll visit St Francis Church which was built in 1908 and has so few members these days that they keep their personal effects – fans, tissue boxes, hymn books, etc – in their permanent seats. You'll even pass Elaine's Place, the local bar, which consists of a picnic table under a garage room and is open from approximately 4 to 8 pm serving beer and soft drinks.

Father Damien with members of the leper colony

We were then taken three miles east to Kalawao where we visited St Philomena Church, built in 1889 and home to Father Damien's gravesite. The church, which Father Damien designed and later remodeled, was nearly completed by the time of his death in 1889. As you tour the church, you'll see holes in the wooden floor which Father Damien created so that the patients, who often had to spit due to their disease and were reluctant to do so on the floor of the church, could do so without shame.

The tour ends with the ride back up to the stables followed by an opportunity for guests to purchase a photo of themselves with their mule and to receive a certificate of accomplishment.

Damien Molokai Tours, ☎ 808-567-6171 or 808-567-6675 (call between 4 and 8 pm). HST can arrange your trip, whether you decide to take a mule, hike, or fly. Moloka`i Mule Rides has package deals available from Honolulu and Maui.

If you want to hike the 1,700-foot trail to Kalaupapa, the ***Molokai Princess*** ferry company, ☎ 877-500-6284 or 808-662-3355, www.molokaiferry.com, has a day-trip to the island for $215. The tour includes the ferry ride to and from Moloka`i, transportation to the trailhead, the Damien Tour of the site and lunch.

BARGE DAY

Described as Christmas/Birthday/All other holidays combined, barge day is the biggest day of the year in Kalaupapa. It's the day when a huge barge brings in heavy freight, such as cars and appliances, nonperishable foods, bulk paper goods, a year's supply of fuel, hospital supplies and lots of beer. I was there the day before the barge came and you could feel the excitement in the air. Why only once a year? Well, for one, it costs $60,000 for the trip.

■ Maunaloa

Orientation

To get to Maunaloa from the airport, just head east on the Maunaloa Highway (Highway 460) until you hit the tiny town that centers around The Lodge at Molokai Ranch.

Home to the island's only movie theatre (a Wallace-chain theater, no less), Maunaloa is now in the midst of a re-invention. From 1922 until the 70s, Maunaloa was the center of West Moloka`i's lucrative pineapple industry. As the pineapple biz declined, so did the business in this small, quaint town. It is now being re-built and organized by the owner, Molokai Ranch.

Information

Most people who come here, come to stay at **The Lodge at Molokai Ranch** or its extension, the **Kaupoa Beach Village**. Check in for both at the lodge and if you're staying at the beach village, they'll provide you with direction.

For help with activities, check out the **Molokai Ranch & Outfitters Center** across the parking lot from the lodge. They have all sorts of gifts, apparel and can help you with all your activity needs. The center sells all the basics – sodas, chips, crackers, first aid, etc.

Shopping

Big Wind Kite Factory, ☎ 808-552-2364, offers free kite-flying lessons at the park next door to the shop. Owner Uncle Jonathan has been making kites in his shop for over 20 years and you can't miss the shop as you're driving through Moanaloa – it's the one with several kites and windsocks flying out front. Purchase one of their

Moloka`i-made kites or windsocks or a popular Peter Pan boat kite from Bali, with a four-tier sail system. Tours of the factory are held from 8:30 am to 5 pm Monday through Saturday and 10 am to 2 pm on Sundays.

Connected to the Big Wind Kite Factory is the **Plantation Gallery**, open 8:30 am to 5 pm Monday through Saturday, 10 am to 2 pm Sunday. It contains an interesting hodgepodge of jewelry, incense, clothing made with flax, tribal art, old Hawaiian coins, books, souvenirs, Moloka`i photos and imported Bali knickknacks.

The only store on the west side is the **Maunaloa General Store**, ☎ 808-552-2346, which has groceries, beer, wine and is open from 8 am to 6 pm Monday through Saturday. The selection is adequate for a small town (I had to dust off my bottle of wine) and the only store around if you're staying at the Kaupoa Beach Village. The west end's only **gas station** is on the side of the store and is open from 7 am to 1 pm Monday through Friday and 10 am to 2 pm Saturday.

Adventures on Horseback

Try your luck as a Hawaiian *paniolo* (Hawaiian for cowboy or cowgirl) and take part in a cattle drive or a round up at **Moloka`i Ranch**. The outfitter's center, ☎ 808-552-2797 or 877-726-4656, is in the same parking lot as the Moloka`i Lodge in Moanaloa and the staff can help you with arrangements for tours in which even the most citified guests can learn horsemanship, rodeo skills and the history of *paniolos* in Hawaii.

Where to Eat

Paniolo Bar, at The Lodge at Moloka`i Ranch, ☎ 888-627-8082. Lunch is served daily from 10 am to 4 pm and a special pupu menu is offered every day from 4 to 9 pm. Sit at the bar with it's rawhide and leather bar stools or take a table in the open-air courtyard overlooking the Molokai Ranch property with the ocean in the background. There's also a pool table and a living room-like area with a sectional couch and a large-screen TV. The lunch menu offers a selection of sandwiches and salads. The pupu menu

includes a pupu platter for two with kalua pork lumpia, salt-fired Moloka`i shrimp, ahi sashimi and Moloka`i opihi. For a refresher, try a Molokai Slide, made with rum, vodka, Midori, Chambord, pineapple and passion fruit juice. $$

RESTAURANT PRICE CHART	
Cost of an appetizer, entrée & dessert, not including drinks.	
$	$15 or less
$$	$16-30
$$$	$31-45
$$$$	Over $45

Inside The Lodge at Moloka`i Ranch is the **Moanaloa Room**, ☎ 808-660-2824, which serves breakfast from 7 to 10 am and dinner from 6 to 9 pm. Try Belgian waffles or French toast made with banana-stuffed Moloka`i sweet bread. On Wednesday nights, the restaurant holds a "pasta fest" for $15 with all-you-can-eat Caesar salad and pasta bar where you choose ingredients, such as red onions, pesto and baby spinach, and bay shrimp to add to your pasta and then pick a sauce. From 5 to 9 pm on Sundays is **Wok's Cooking**, with all-you-can-eat items including Chinese chicken salad, chilled sesame noodles, chow mien and then your choice of chicken, shrimp or beef stir-fry with vegetables and jasmine rice. Children ages five to 12 are half-price while kids under five eat for free. You can also order menu items, such as Mai Tai mahi mahi with balsamic syrup and pineapple chutney or volcano glazed tofu with fire-roasted vegetables over jasmine rice. Breakfast $; dinner $$

The only casual, affordable eatery in this part of the island is the **Paniolo Café**, ☎ 808-552-2625, open 11 am to 7:30 pm Friday through Sunday, 11 am to 6:30 pm Monday through Thursday. They have plate lunches, salads, Cajun mahimahi, veggie burgers and cheeseburgers – all for less than $5. Finish off your meal with a homemade cookie. $

Where to Stay

The Lodge and Beach Village at Molokai Ranch, ☎ 888-627-8082, www.molokairanch.com, consists of two very different properties – one is a 22-room lodge in the town of Moanaloa and the other is Kaupoa Beach Village which is about a half-hour southwest and on the beach.

The **Lodge at Molokai Ranch** is in Maunaloa and consists of a 22-unit lodge with a pool, sauna, 24-hour workout room, a bar and a restaurant while the Kaupoa Beach Village is about a 25-minute drive southeast along a desolate coral road. Visitors at each resort have privileges at the other and there is a shuttle van (or a large school bus if you're lucky enough to get the driver who has a school bus license) that runs every half-hour between the two sites.

Tip: If you see or hear of anyone talking about the Sheraton on Moloka`i, this property is what they're taking about. The lodge and beach village were run under the Sheraton name for two years until April 2004 when the Molokai Ranch didn't renew the lease.

Palm trees surround the two-story lodge but as soon as you walk in you'll find yourself amid dozens of old hunting relics, vintage framed posters, paniolo memorabilia and hundreds of books including many on Hawaiian history and lore. Upstairs from the lobby is a computer with Internet access for use by guests of the lodge and the beach village. The swimming pool in the back is open from 9 am to 9 pm. The views from the lodge are spectacular as you can see the ocean in the distance with the vast Moloka`i Ranch property in the forefront.

Watchable Wildlife: Wild Axis deer roam the Molokai Ranch freely and can often be seen on the path to the Beach Village, a road described by one visitor as like "being in Africa." The deer are native to India and were given as a gift to King Kamehameha V in the 1860s.

Kaupoa Beach Village consists of 40 "tentalows" (tent + bungalow, get it?). Along with the dining area and the beach, they create some pretty high-priced camping. The tentalows are made of heavy-duty canvas and each compound has two bedrooms with a common open-air living/dining area and a separate open-air bathroom with a compost toilet. The bedrooms are cozy, in a New Mexico-way, with nightstands, a wooden trunk for storage and a wooden shelf with a flashlight, a bug-repellent candle and an umbrella. There is also an Igloo-brand cooler filled with ice, bottled water and soda when you arrive. The tentalows are solar-powered and have ceiling fans and two lights connected to a timer.

Just For Kids: Activities Molokai offers a Keiki Adventure program for kids. Visit the cultural center next to the lodge for more information.

There is a beachside common dining and living room area where meals are served buffet-style three times a day (dinner is $31, breakfast and lunch are $15 each). Bring your own beer and wine (the closest store is in Maunaloa), as there is none available at the beach village. Coffee, tea, ice water and juices are available

during and between meals. A television with a VCR and DVD (sorry, no cable) is also available next to the dining room and the concierge has a movie library.

> **Author's Tip:** As with real camping, there are lots of bugs. Don't leave food out and tightly secure anything you don't want to get infested. I opened up my laptop computer to find dozens of ants crawling out of it.

The resort is adjacent to Kaupoa Beach, a small, golden, crescent-shaped beach edged by black lava rock on both sides. There's a grassy area with lawn chairs and umbrellas, plus a volleyball court, horseshoes and croquet. Towels and mats are available from the concierge.

> **It's in the Stars:** Kaupoa Beach's secluded and private locale is ideal for stargazing. The beach village offers celestial expeditions twice a month featuring LiteBox Telescopes (see www.litebox-telescopes.com, for more information). Check with the concierge or activity desk for dates and times.

The Kaupoa Beach Village is perfect for families and those who don't want to sightsee or explore. As it is very isolated, albeit beautiful, I would recommend it for people who don't mind spending a lot of money to stay put in one spot, without phones or TV, and spend their days lounging around a beautiful beach.

> **Watchable Wildlife:** Endangered monk seals use Kaupoa Beach as a resting spot. If you see one, let it rest. It is against the law to harass them and they have been known to nip people.

■ Kaluako`i

The only life you'll find in the ghost-town-like Kalauko`i resort is the sundry shop hidden in the back, which caters to the nearby condo units. Next door is **A Touch of Molokai**,

☎ 808-553-0133, which has souvenirs as well as swimsuits and resort ware, including the Tommy Bahama brand. The only reason you would be here is to play golf, unless you're on your way to Papohaku Beach or Kapukahehu Beach (aka Dixie Maru Beach).

Beaches

Papohaku Beach

This three-mile-long white sand beach is one of the state's longest and Moloka`i's most popular. It's still easy for you to find yourself alone on this gorgeous made-for-brochures stretch of beach. There's also a grassy area perfect for picnicking or camping.

Kapukahehu Beach (aka Dixie Maru Beach)

Continue south down the main road and at the last beach access will be this little gem, nicknamed after a fishing boat that reportedly sank in the inlet. The protected bay is good for swimming or sunbathing.

Adventures on Foot

Golf

The **Kaluakoi Golf Course**, ☎ 808-552-0255, teetime@mobettah.net, recently reopened after a renovation. The 18-hole par-72 course designed by Ted Robinson features ocean views, narrow fairways with challenging bunkers and water hazards. The first nine holes are at sea level overlooking three-mile-long Papohaku Beach, while the back nine holes feature lush green hillsides and go over a tropical gulch and then back to the ocean. Green fee are $40 for nine holes or $70 for 18 holes.

Where to Stay

Condominiums

Kaluakoi Villas, 113 Kaluako`i Road, ☎ 808-552-2721 or 800-367-5004, www.castleresorts.com, 13 miles from the airport, has studios, one-bed-

room suites and oceanfront cottages. The property includes a swimming pool. Rooms have kitchenettes, private lanais and TV. Studio $$; one-bedroom suite $$$; cottage $$$$

Ke Nani Kai, PO Box 289 Maunaloa HI 96770, ☎ 800-888-2791 or 808-552-2761. This 120-unit condominium resort is within the Kaluakoi Resort. Each unit has a private lanai, TV, fully equipped kitchen, washer and dryer and maid service. Built in 1981 the property is adjacent to the Kaluakoi Golf Course and includes a pool, spa, tennis courts and barbecue area. $$

Paniolo Hale, PO Box 190, Maunaloa HI 96770, ☎ 800-367-2984 or 808-552-2731. Each of the 77 units in this ranch-style condominium resort has a full kitchen, private lanai, TV and washer and dryer. Just steps away from Kepuhi Beach and next to the recently-reopened Kaluakoi Golf Course, Paniolo Hale has one- and two-bedroom units. $$

HOTEL PRICE CHART	
Prices based on cost per night, for two people.	
$	$80 or less
$$	$81-150
$$$	$150-225
$$$$	$226-400
$$$$$	Over $400

■ Ho`olehua

Orientation

This section of middle Moloka`i includes Ho`oleua (where the airport is) and the area up east called Kualapu`u, then the northeast town of Kala`e and up to Pala`au State Park on the north shore.

Sightseeing

Visit **Purdy's Mac Nut Farm**, ☎ 808-567-6601, macnuts@molokai-aloha.com, in Ho`olehua on your way to the lookout. At the intersection of Hwys 470 and 480, take a left onto Hwy 480 toward Ho`olehua. You'll see the farm on the right side. Owners Tuddie and Kammy will show you how to crack a macadamia nut and then talk your ears off with stories of Moloka`i, macadamia nuts and Hawaiian culture. Open 9:30 am to 3:30 pm Tuesday through Friday and 10 am to 2 pm on Saturday. Free tours begin on the hour from 10 am to 3 pm.

In neighboring Kualapu`u on Highway 470, visit the dark-green orchards of **Coffees of Hawai`i**, ☎ 808-567-9241,

www.molokaicoffee.com, where you can tour 500 acres of coffee trees in a mule-drawn wagon and see how coffee is processed. Visit the café for a famous "mocha mama" frozen coffee drink. Pick up some gift baskets stuffed with popular Molokai Muleskinner coffee or chocolate-covered coffee beans. They also carry made-in-Molokai gift items.

On Highway 470 at Mile Marker 4 is the **Moloka`i Museum and Cultural Center**, ☎ 808-567-6436, and the **R.W. Meyer Sugar Mill**, built in 1878 and restored to working condition. The museum is open from 10 am to 2 pm Monday through Saturday. Guided tours are provided from 10 am to 2 pm at $2.50 for adults and $1 for children age five to 18. The cultural center has displays, a gift shop and a historical video.

Pala`au State Park

From the parking lot, there are two paths through the 34-acre park – the one on the right takes you to a spectacular 1,600-foot viewpoint of Kalaupapa, while the other goes to "Phallic Rock."

PHALLIC ROCK

A short trail at Pala`au State Park leads up to a shady, peaceful spot occupied by a large rock formation that was named Phallic Rock. Ancient Hawaiians believed that Nanahue and his wife Kawahuna lived on this grassy hill called Puulua. A beautiful girl appeared one day. As she was admiring herself in a pond, Kawahuna caught Nanahue watching the girl and she grabbed the girl's hair and threw her down the cliff, where she turned into stone. Legend has it that Nanahoe also turned to stone but his power remains in this rock. It is believed that if a woman goes to the site, called Kauleonanahoa, with offerings and spends the night, she will return home pregnant.

The overlook to Kalaupapa has a series of very informative displays explaining the history of the peninsula.

Adventures on Foot

Golf

The **Ironwood Hills Golf Course**, ☎ 808-567-6000, was originally built in 1938 to provide recreation for plantation workers and is set at 1,200 feet elevation in the upcountry town of Kalae. With open fairways and towering trees, this nine-hole, 35-par public course is better played in the morning before the wind sets in. The hilly terrain and heavily wooded fairway provides many challenges. Green fees are $10 for nine holes or $14 for 18 holes.

Where to Eat

Kamuela's Cookhouse, ☎ 808-567-9655, is on the right-hand side when you turn onto Highway 480. They serve breakfast from 7 to 11 am, lunch all day and dinner from 5 to 8 pm Tuesday through Saturday. It's open 8 am to 2 pm on Monday and closed on Sundays. This small quaint eatery offers a hearty breakfast consisting of basic egg dishes, oatmeal and fried rice. Burgers, sandwiches, salads and plate lunches are available during lunch and dinner. They also have specials, such as Kalua pig and cabbage. Upgrade your order to Kanaka size for $4 extra and get extra portions of rice, salad and the main dishes. Thursday night is Prime Rib Night. Breakfast $; lunch and dinner $$

Where to Stay

Bed & Breakfast/Guesthouse

Hale Malu Guesthouse, 23 Kalama Road, Kala`e, ☎ 808-567-9136, ilima@wave.hicv.net. At 1,500 feet above sea level off Highway 470, this small guesthouse is an affordable option. Hosts Richard and Ilima Davis have two guestrooms and a one-room cottage, which has an incredible view of the famous sea cliffs. All guests have use of the closed-in lanai, living room and kitchen. There is Internet access and a washer and dryer. The hosts also offer discounts to single travelers and those staying for a week or a month.

■ The Road to Halawa

Orientation

As you drive the 30 miles to Haleiwa from Kaunakakai, take it slow and enjoy the scenery – this part of the island is spectacular. Give yourself at least half a day for the trek and take your time. You'll pass horses grazing along the highway and then find yourself amid magnificent fields filled with countless shades of greens and yellows. Once you pass Pu`u O Hoku Ranch the road gets exciting – it's a narrow, one-lane unpaved road that meanders around huge boulders as you drive along the shoreline. At one moment you'll be driving through sun-streaked fields full of livestock and five minutes later you'll be in a damp, shady rainforest, all in the process of getting to amazing Halawa Valley.

> **Author's Tip:** Honk your horn once to alert other drivers when navigating any of the many blind turns you'll encounter on your journey to Halawa Valley.

Sightseeing

Fish Ponds

There are 62 ancient Hawaiian shoreline fish ponds along the Moloka`i coastline, with the largest encompassing over 400 acres. The fish ponds, which were used for aquaculture, are constructed of rock walls to hold back the sea. Ancient Hawaiians used the enclosures to raise and fatten saltwater fish and, today, many of the fish ponds can be seen on the road to Halawa Valley. Look for Keawanui fish pond – the island's largest – near the Wavecrest Resort. The `Ualapu`e fish pond, seen opposite Our Lady of Seven Sorrows Church, is listed on the National Register of Historic Places.

> **Magical Moloka`i:** A 28-mile barrier reef lies on the southern shore of Moloka`i and it can be seen from the island's high points. This is the only barrier reef north of Australia.

St Joseph's Church

Built in 1876 by Father Damien, shown at left after he himself had contracted leprosy, this small wood-frame church is the second-oldest on Moloka`i. At Mile Marker 11 on the ocean side of the road, St Joseph's is open to the public. A statue of Father Damien stands next to the church, which is on the National Register of Historic Places.

Smith & Bronte Landing Site

The East side of Moloka`i has a special little spot in aviation history. In 1927, the same year that Charles Lindbergh flew across the Atlantic in *The Spirit of St Louis*, two aviators named Ernie Smith and Emory B. Bronte left California in their single-engine plane named *The City of Oakland*, headed for Honolulu. The plane ran out of fuel and crash-landed upside down on Moloka`i. The pilots were not injured and their 25-hour journey made them the first civilians to fly to Hawai`i from the mainland.

The City of Oakland *taking off en route to Honolulu*

Our Lady of Seven Sorrows Church

The next church you'll see is Our Lady of Seven Sorrows, built by Father Damien in 1874 and rebuilt in 1966.

Kalua`aha Church

The remnants of a structure next to Our Lady of Seven Sorrows is what is left of Kalua`aha Church, which was the first Christian church on Moloka`i.

`Ili`ili`opae Heiau

This sacred spot is over 320 feet long and 120 feet wide and is the second-largest and possibly the oldest Hawaiian *heiau* (temple). Little remains from the original structure, which was built in the 13th century. What you see now looks like an

enormous rock platform on the mountainside around Mile Marker 16. You must have permission (☎ 808-558-8132) to visit `Ili`ili`opae Heiau. **Molokai Horse and Wagon Rides**, ☎ 808-558-8380, also provides tours to the *heiau*, which is listed on the National Register of Historic Places. Wear comfortable walking shoes and bring water and insect repellent.

> **Hawaiian Legend:** It is believed that all of the stones used to create `Ili`ili`opae Heiau were brought over eight miles from the Wailua Valley and passed from person to person – all in one night. Another legend believes that the platform was built by the *menehune* (little people) and that they were rewarded with one freshwater shrimp each.

Halawa Valley/Halawa Bay

As you get closer to Halawa you'll see a couple of turnouts that make for perfect snapshot opportunities. Looking at the immense valley wall, you'll see waterfalls flowing among the cathedral-shaped pinnacles. The road ends at the beach park that has a river running into the ocean – a perfect spot for a refreshing dip.

Halawa Valley was once an active taro farming community and, in fact, was the most densely populated part of Moloka`i.

Moa`ula Falls & Hipuapua Falls

From the lookout above Halawa Bay you can see both of these falls as you look across the majestic mountains surrounding Halawa Valley. Moa`ula Falls is two-tiered and drops about 250 feet, while Hipuapua Falls, the largest in Halawa Valley, drops about 500 feet. The falls are on private property and the trail is not clearly marked so you should go on a guided tour or with a private guide. Obey the "no trespassing signs" out of respect for the locals. See more information on hiking below.

Beaches & Parks

Sandy Beach

This little crescent-shaped beach is the last one on your way to Halawa Beach Park. It's a tiny jewel of a beach with good swimming, snorkeling and diving or just a place to stop for a pleasant picnic lunch.

Murphy's Beach Park

Also known as Twenty Mile Beach or Kumimi Beach, this is a long beach perfect for a family afternoon getaway. Murphy's is also a good snorkeling spot.

> **Magical Moloka`i:** The two small islands you can see between Mile Markers 20 and 25 are called Moku Ho`oniki (the larger one) and Kanaha Rock. They are about one mile off the southeast coast and are uninhabited prehistoric cinder cones. Moku Ho`oniki (whose Hawaiian name is, curiously, "Lover's Pinch Island") was used during World War II for bombing practice and the island still holds unexploded warheads.

Adventures on Land

Hiking

The hike to double-tiered 250-foot **Moaula Falls** in Halawa Valley is one of the most popular treks on Moloka`i. As the land is private, you must go on a guided tour or with a private guide. **Moloka`i Fish & Dive** and **Moloka`i Outdoors** can help arrange a tour or call **Pilipo's Halawa Falls Hiking** at ☎ 808-553-4355 for a private tour with Uncle Pilipo, who was born and lives in Halawa Valley. The hike is about 4½ miles long and, if it has been raining a lot, be cautious as flash flooding can occur. Bring lots of water and insect repellent and be prepared to get wet as you have to cross Halawa Stream several times. Along the way you'll pass mango trees, taro patches and smell the fragrant tropical flowers that dot the trail.

The Nature Conservancy, ☎ 808-553-5236, conducts tours through the mountainous forest on the eastern end of Moloka`i called Kamakao Preserve, where you will view endangered plants and rare birds.

Horseback Rides

Molokai Wagon Rides, ☎ 808-558-8380, provides hour-long horseback tours to `Ili`ili`opae Heiau. The ride begins at the Mapulehu mango grove near Mile

Marker 15 and then leads to the *heiau*. The guide then takes you on a scenic trek atop a mountain, where you can see views of Lana`i, Kaho`olawe and Maui. Then you head back to the beach. The tour and horseback ride include lunch and cost $50 per person.

**Pu`u O Hoku Ranch**, ☎ 808-558-8109, www.puuohuku.com, hoku@aloha.net, on the remote east end of Moloka`i is a working cattle ranch covering over 14,000 acres. They provide guided trail rides across the ranch or can arrange personalized adventures including a horseback romp across a deserted beach, a trek through lush tropical forest to a secluded waterfall or a sunrise tour called the "Cowboy Coffee Ride."

Adventures on Water

Surfing

It's a long drive to Halawa Bay but, c'mon, surfers will drive forever for the prospect of a good wave. Northeast and north swells that wrap around the east side of Moloka`i make this a prime spot. The waves can also be good at Pohakuloa Point past Mile Marker 20.

Where to Stay

Hotels & Resorts

On Highway 450 near Mile Marker 13 you'll see a sign for the **Wavecrest Resort**, ☎ 808-558-8101, which has one- and two-bedroom condominium units. The complex is quiet, with a swimming pool, barbecue area and night-lit tennis courts. Each unit has a TV and a full kitchen. There are no telephones in the rooms although there is a pay phone in the front office. At night you can see the lights of bustling Ka`anapali and Kapalua on Maui's West End. One-bedroom $$; two-bedroom $$$

Vacation Rentals

The Molokai Beach House @ Waialua, ☎ 808-599-3838 or 888-575-9400, www.molokaibeachhouse.com, info@molokai-beachhouse.com. In East Moloka`i at Mile Marker 19, this three-bedroom, two-bath beachfront house sleeps six people. Amenities include a barbecue, washer and dryer, a full

kitchen, TV/VCR and a large yard. Enjoy views of Maui, Lana`i and the small, uninhabited islands of Make Ho`oniki and Kanaha. $$$

**The Lodge at Pu`u O Hoku Ranch**, ☎ 808-558-8109, www.puuohoku.com, hoku@aloha.net. Very isolated on the far east side of Moloka`i, this lodge is seated atop a gentle hill (Pu`u O Hoku means "Hill of Stars") at 750 feet elevation, surrounded by two acres of lawns and gardens. The lodge has a main hall with a fireplace, a covered lanai, a fully equipped kitchen and 11 bedrooms that provide accommodation for 22 people. There is also a two-bedroom cottage nearby, which can sleep seven people, and the four-bedroom Grove House, which sleeps eight. The staff at the ranch can arrange horseback trail rides, including one along a secluded beach. Lodge (for large groups) $$$$; Cottage & Grove House ($125/night for two people plus $20/per extra person) $$-$$$

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